

Sausage Ragu

This recipe was written for use in a slow cooker. I have a cheap version that only seems to cook on high heat for much longer than most recipes call for, you would know your machine best so adjust accordingly. If you want to do this without preheat your oven to 160 degrees and use a deep, oven proof crock pot to make your ragu. When we would normally put the slow cooker on instead you would place your covered crock pot into the oven for approx 4 hours. If it is still quite liquid heavy after this time pop it onto the stove to reduce.

1 brown onion, diced
2 garlic cloves, finely diced
1 sprig rosemary
Olive oil
200g smoked pancetta, roughly diced, you don't need to be too precious about it
700g best quality pork sausage mince
1 can whole peeled tomatoes
2 cups vegetable stock
Salt
Pepper

Take your slow cooker pot and place on the stove (if your pot isn't stove friendly do this first part in a saucepan). Add onion, garlic and your sprig of rosemary with a good glug of olive oil and heat over medium heat.

After about 10 minutes your onions should be softened but not burning, just starting to caramelise. Add the pancetta and let sizzle for about 5 minutes. Add in your pork mince and break up amounts the onion and pancetta mix.

Throw in your tomatoes and vegetable stock making sure to break up the tomatoes into the mix. Bring to a simmer.

Take pot and place in the slow cooker, set it to 6 hours on high heat.

Season to taste, reduce on stove after cooking if still a bit too saucy.

Serve tossed through some rigatoni with healthy lashings of pecorino.