

Penne Arrabbiata

Penne Arrabbiata is a spicy pasta dish and the word arrabbiata means "angry" in Italian. This has to be the easiest pasta dish ever...and so delicious. Your guests will be raving about it! To make it less fattening, you can replace the cream with milk. The key ingredient is the vodka, so don't leave it out. The alcohol cooks out of it as soon as you add it into the pan. Beware of the red pepper flakes. They add the spiciness required in this dish, but you control how much heat you want.

1	small	onion, diced	¾ cup	light cream (1/2 & 1/2) or milk
3		italian sausages	1 Tbs	cornstarch
½	cup	vodka	1 pound	Penne or other medium pasta shape
½	tsp	red pepper flakes		Parmesan cheese freshly grated
1	can (28 oz)	crushed tomatoes		

- 1 Begin to boil pasta water.
- 2 Remove sausage links from casings and place in frying pan along with the diced onion. Brown meat, continuing to break up chunks of meat as it cooks. When cooked and onions are translucent, add vodka and red pepper flakes and cook for 2 minutes until alcohols is evaporated. Add crushed tomatoes to pan. Heat on medium heat for 5 minutes or until cooked through.
- 3 In small bowl, mix cornstarch with 2 tablespoons of cream. Stir until all lumps disappear. Add to tomato mixture, stirring as you add so that no lumps are allowed to form. Mixture will begin to thicken. add remaining cream and heat through.
- 4 While sauce is cooking, cook penne until al dente. Add the penne to the sauce and heat through OR Divide among five pasta bowls. Pour sauce over pasta. Grate parmesan cheese over the top. Mangia!

Servings: 5

Preparation Time: 3 minutes

Cooking Time: 12 minutes

Total Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 670 calories, 220 calories from fat, 24g total fat, 59.5mg cholesterol, 807.6mg sodium, 719.2mg potassium, 83.1g carbohydrates, 6.5g fiber, 2.5g sugar, 27.2g protein.

Source

Author: Patricia K. Rose, 1990s

