



Cotechino Sausage and Bean Soup

Serves 8

1.5 litres beef or veal stock slices	1kg Cotechino sausage cut into 2 cm thick
2 tbs olive oil	½ teas crushed fresh chilli
4 sticks celery finely sliced	6 cloves garlic finely chopped
800 gm pumpkin, peeled and diced 2cm	100 gm baby spinach leaves
Freshly grated nutmeg to taste	Shaved parmesan to serve

750 gm potatoes (Kennebec) peeled and diced 2cm

3 cups mixed dried beans (kidney, borlotti & cannelloni) soaked overnight in water, drained and rinsed

Heat oil in stock pot, add chilli, celery, garlic, potato and pumpkin and stir over high heat for 2-3 minutes. Add beans and cook further 2 minutes. Stir in stock, bring to boil, then reduce heat and simmer partially covered for 1 ½ to 2 hours or until beans are soft and vegetables mushy. Add more stock or water if soup is too thick. Stir in sausage and simmer a further 10 minutes or until cooked. Stir in spinach, season to taste with nutmeg and cracked black pepper and simmer until spinach is just wilted. Serve in large warmed bowls with shaved parmesan sprinkled over.

Smoked Sausage Ratatouille Couscous

Serves 4

600g Pork Kransky sausage	2 onions finely chopped
1 small eggplant diced	2 stick celery chopped

2 cloves garlic crushed
2 zucchini sliced
½ cup red wine
salt & pepper to taste
Tomato paste to thicken

1 large red capsicum diced
400 g can diced tomatoes
1 cup chicken stock
1 tsp smoked paprika

*Sauté onions, eggplant, celery, garlic, capsicum and zucchini in a little olive oil till soft. Add red wine and reduce, add tomatoes, stock sliced sausages and smoked paprika. Add salt and pepper to taste and tomato paste if required to thicken. Simmer gently for 15 minutes. Prepare couscous as per instructions on packet and serve with the sausage ratatouille. **Any spicy sausage can be substituted.***

Chorizo & Sweet Potato Soup

Serves 8

2 tbs olive oil
8 Chorizo sausages sliced diagonally

2 onions finely chopped
2 garlic cloves crushed

1 kg Sweet potato diced
500 g potato diced

1 litre chicken stock

500 ml white wine

100 g baby spinach leaves

Heat oil in heavy large pot over medium-high heat. Sauté onions and garlic until translucent, stirring often, about 5 minutes. Add all potatoes and cook until beginning to soften, stirring often, about 12 minutes. Add wine and reduce. Add stock and sliced chorizo and bring to boil. Reduce heat to medium-low, cover, and simmer until potatoes

are soft and mushy, stirring occasionally, about 45 minutes. Stir in spinach and simmer just until wilted, about 5 minutes. Season with salt and pepper. Divide among bowls and serve with crusty bread