



## **Spaghetti Aglio e Olio with Italian Sausage**

### **with Chef Craig Tinling**

5 Tablespoons Olive Oil (may use 2 Tablespoons of Butter and 3 T. of olive oil)  
1lb Spaghetti  
6 cloves Garlic (peeled and sliced)  
1/2 - 1 teaspoon Crushed Red Pepper Flakes  
2 Tablespoons Fresh Italian Parsley  
1 cup Freshly Grated Parmesan Cheese  
1lb Italian Sausage casing removed  
½ lemon

1. Bring water to a boil over high heat. Add a GENEROUS amount of salt to pot. Stir the spaghetti into the boiling water.

2. While pasta is cooking, heat olive oil over medium heat add sausage and let brown then add sliced garlic and cook for 1 1/2 - 2 minutes, watching carefully so the garlic doesn't burn. Feel free to add small amounts of pasta water so it doesn't brown. Garlic can burn quickly and can turn a bitter flavor. Once the garlic is softened, remove from heat and add red pepper flakes.

3. Add 1 1/2 cups of pasta water. This water is salty and starchy and adds flavor to the sauce.

4. Once pasta is cooked, drain, and then toss with garlic and olive oil mixture. Toss with parsley and freshly grated parmesan cheese lemon juice. Salt according to taste. If you like spicy foods, add a touch more red pepper flakes.