



SAUSAGE AND CAULIFLOWER FRICASSEE

SERVINGS: 4 ACTIVE TIME: 20 mins TOTAL TIME: 35 mins

This Sausage and Cauliflower Fricassee is the perfect remedy for a cold winter weeknight. Truly a “weeknight workhorse,” this dish will soon become a regular in your cold-weather weeknight rotation. The dish comes together in a matter of minutes and is very budget friendly – plus, fricassee is a fun word to say! Let the hearty flavors of sausage and cauliflower warm you up and carry you through to the weekend.

Ingredients

- > 1 lb italian sausage
- > 1 medium cauliflower
- > 1.5 cups chicken stock
- > 1/2 teaspoon mustard powder
- > 1/2 teaspoon garlic powder
- > 1/2 teaspoon onion powder

Directions

1. To make the Sausage and Cauliflower Fricassee, begin by removing the casing from the sausages. You can use either sweet or spicy italian sausages depending on your preference. They work interchangeably in this recipe. To remove the casing, make a lengthwise slit down the side of the sausage without cutting all the way through. You should now be able to grip the casing and peel it away from the entire link in one piece. Do this for all of the links. With the casings now removed, use your fingers to divide the sausage into small half-inch meatballs.
2. Remove the outer leaves from the cauliflower and twist the main stem to remove it from the bottom of the florets. Cut bite-size, two-inch florets from the head and set aside. I would also recommend trimming the tough outer layer of the main stem and then cutting it into rings as well because it’s perfectly edible (waste not, want not!).
3. Preheat a large 12-inch skillet over medium heat for two minutes, add a tablespoon of olive oil and brown the meatballs on two sides for approximately 5 minutes total. You are looking to brown the sausage while rendering out some of the fat (flavor), so keep your heat between medium and medium-low.

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Shopping List

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| <input type="checkbox"/> 1 lb italian sausage | <input type="checkbox"/> 1.5 cups chicken stock | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> 1 medium cauliflower | <input type="checkbox"/> mustard powder | <input type="checkbox"/> onion powder |

4. Line a plate with a couple of paper towels and use a slotted spoon to transfer the meatballs to the plate. Turn the heat up to medium-high and let the skillet preheat for a minute. If the pan looks a little dry, feel free to add some oil. Hopefully there should be some fat in the pan that was released from your sausage. Add the cauliflower to the pan and reduce heat to medium. Allow the cauliflower to brown for five minutes, stirring once halfway through.
5. After five minutes have passed, return the sausage to the pan along with the chicken stock and spices. Stir to combine. Turn the heat up to medium-high and let simmer, uncovered, for approximately 15 minutes or until most of the liquid has evaporated and the cauliflower is softened. Taste to see if any salt is needed and add a crack or two of black pepper if you'd like. Serve hot with crusty bread and a spoon.

Suggestion: a little bit of grainy mustard or sauerkraut on top is a great way to punch up the flavor!



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