

# Italian Pork Sausage & White Beans Stew



## <Ingredients (4 serves)>

400g Pork shoulder (block)

4 Pork sausage

50g Bacon (2 slices around)

1/2 Large yellow onion

2 cloves Garlic

1 tin White beans  
1 Bay leaf  
1 tin Whole tomato  
2 Tbsp Olive oil  
100ml Red wine (option)  
Sea salt  
Black pepper

### **<Pasta>**

250g Pasta (short pasta is better)(we use below)



2L water  
2.5tsp Salt

### **<Soup stock>**

2L Water  
1/2 Yellow onion  
1 Small carrot

Any uncooked leftover vegetables/prawn shells/chicken bones etc. \*

\*if you don't have any leftovers, you can alternatively use chicken stock cube

### **<Method>**

#### **1. Make the soup stock**

Pour water in a deep sauce pan and add onion, carrot and uncooked leftovers, and bring it to the boil. Simmer for 15 minutes after starting boil. Strain.

#### **2. Meanwhile boil the pasta and make infused oil**

Pour water into a stew pan and bring it to the boil. Add the salt and all salt melt, plunge the pasta into boiling water. Follow the instruction for boiling time. Al dente is better. Strain and allow to be cool with running water. Set aside.

Mince the bacon and stir fry in a deep stew pan on high heat until oil come out. Meanwhile mince the onion and garlic and add to the stew pan. Add the olive oil and keep stir frying on low heat until the flavour infuses into the oil.

### **3. Simmer**

Apply 1/2 tsp of sea salt over to the pork shoulder and lay into the stew pan and cook the whole surface on medium heat. Open the tin of tomato and add into the stew pan. Pour the red wine in an empty tin and dissolve the remaining tomato paste with the wine. Pour back all into the stew pan. Sieve the white beans and gently wash with running water briefly. Add into the stew. Pour the soup stock over as well.

Mix well and place the sausage into the stew. Add the bay leaf and bring it to the boil. Once it boils, remove any scums and simmer for 20-30 minutes on low heat with a lid.

Check the taste of the soup and adjust with sea salt and black pepper if you need.

Add the pasta and mix well.

### **4. Serve**

Take the pork out and slice into 1 cm thickness. Serve with other fillings and soup.