



Orecchiette Alle Cime di Rapa

Orecchiette with Broccoli Rabe (serves 4 people)

Ingredients:

- 14 oz of "[orecchiette](#)" pasta or [gluten-free rotini](#)
- 2.5 lb of [broccoli rabe](#) (rapini)
- 3 [mid-size sausages](#) or [sausage meat](#) (optional)
- 2 oz of [anchovies](#)
- Grated [Parmigiano Reggiano](#) ([whole wedge](#)) or [Grana Padano](#) cheese
- [Extra virgin olive oil](#) (EVOO)
- 2 gloves of [garlic](#)
- Salt (coarse and fine)
- Pepper ([pepper flakes](#), small fresh red pepper or black ground pepper)

Tools Needed:

- Large pot to cook the pasta
- Large/deep sauté or frying pan for the sauce
- [Skimmer spoon](#)/strainer (to remove the rapini and pasta from boiling water)
- Ladle for the pasta water
- Wooden spoon or spatula for stirring sauce
- Medium bowl (for boiled rapini)

Cooking Directions:

- Bring a large pot of water to boil
- Wash your rapini and take off the leaves/flower of the rapini from the stem & set aside
- Discard stems or peel & chop up to add to the leaves (this is time consuming)
- Add 1 palmful of coarse salt to the water once boiling (flavors the rapini and pasta!)
- Cook the leaves/flower of the rapini in the boiling water for 2-3 minutes and put them aside (keep the same boiling water to cook the pasta)
- While the rapini is boiling, put EVOO to cover bottom of large sauté pan and cook over medium heat
- While pan is heating, peel and chop the garlic and pepper if using
- Gently fry the garlic and pepper over medium heat until light brown
- Once the rapini is removed from the boiling water, add the pasta, and cook till "very al dente"
- Push browned garlic to the side (or remove if you don't want too much garlic) and add anchovies
- Cook until anchovies melt into the oil
- If you want to add the sausage, remove the casing, and add the sausage in small pieces into the pan
- Once the sausage is cooked, add the quick boiled rapini to the pan and stir
- Once the pasta is "very al dente", add one cup of the boiling water to the pan to create a creamier sauce
- Add the cooked pasta into the sauté pan and finish the cooking process with the sausage
- Add Grana Padano cheese or Parmesan cheese and serve

NOTES:

- If Broccoli Rabe or Rapini is hard to find, you may use another sturdy, bitter leafy green like mustard greens, [collard greens](#) or [kale](#). However, this recipe is really meant to showcase the rapini!
- Sausage isn't usually included in this recipe, but it is often added.
- If you don't like your dish spicy, you can skip the red pepper and just use ground black pepper instead. Adjust the amount for your spice level comfort! You can also try sweet Italian sausage instead too.
- If you don't like a lot of garlic, don't chop the garlic and just let it cook in the oil to flavor it. Remove the garlic cloves once it has flavored the oil and discard.
- We found that ordering the ingredients from Amazon Fresh offered the best availability for some of these unusual ingredients. We receive a small commission from any purchase through our links.



Italy Regions

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