

# Malloreddus alla Campidanese (Sardinian Sausage and Saffron Ragu)

**Malloreddus alla Campidanese** is a beautiful traditional dish from Sardinia. It's made with Malloreddus pasta also known as Gnocchetti Sardi served with an incredible Italian sausage ragu with fennel seeds, saffron and Pecorino cheese.



Prep Time  
5 mins

Cook Time  
40 mins

Total Time  
45 mins

★★★★★  
5 from 1 vote

Course: pasta    Cuisine: Italian    Servings: 4 - 6 servings    Author: Emily Wyper

## Ingredients

- 1 lb (450g) Malloreddus pasta (Gnocchetti Sardi) see notes
- 1 white onion
- 11.5 oz (325g) Italian sausages with fennel (about 4 medium-sized sausages) (see notes)
- 1/4 cup (60ml) white wine
- 1 bay leaf
- 1 small pinch of saffron threads
- 1 lb (450g) tomato passata (tomato puree US)
- 1 small handful fresh basil (about 4-5 leaves)
- 1 cup (80g) Pecorino Sardo or Romano fresh grated
- Olive oil
- Salt

## Instructions

1. Add the saffron threads to a small ramekin with 1 tablespoon of hot water and leave to steep.
2. Finely chop the onion and sauté it for a few minutes in 1-2 tablespoons of olive oil until softened and translucent.
3. Remove the sausages from their skins and add them to the onion alongside the bay leaf. Brown the sausage whilst breaking the meat up with a wooden spoon.
4. Once browned, add the white wine and saffron and reduce for 1-2 minutes until you can no longer smell the alcohol.
5. Add the passata and a pinch of salt and pepper, stir to combine then cover and let it simmer on a medium-low heat for 20 minutes.
6. While the sauce is simmering, bring a large pot of water to a boil and salt it well.
7. After 20 minutes, remove the lid from the sauce, add the fresh basil and continue to simmer the sauce for another 5-7 minutes uncovered.
8. Add the pasta to the water and cook until al dente.
9. Once cooked, transfer the pasta to the sauce and stir until well coated. Add the grated

Pecorino cheese and stir in until melted, serve.

## Notes

1. **Fennel sausages** - if you can't get Italian fennel sausages you can add 1 teaspoon of fennel seeds to regular Italian sausages.
2. **What pasta to use** - you can make homemade Mallorreddus pasta using our tutorial, it's really easy. The next best thing would be a semolina pasta shape such as Orecchiette for the same chewy texture. You can also use regular short pasta or gnocchi.
3. **High-quality tomatoes** - the quality of the tomatoes make a huge difference to the overall flavour of the dish. We love using Mutti tomatoes which are high-quality and usually pretty easy to find. My second favourite brand is Cirio.
4. **Leftovers and freezing** - leftovers can be stored in the fridge for 2-3 days and can be reheated.
5. **Reserve pasta water** - if your sauce has reduced a little too much you can add a splash of pasta water to it, this will also add flavour!

## Nutrition

Calories: 560kcal | Carbohydrates: 66g | Protein: 21g | Fat: 22g | Saturated Fat: 8g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 10g | Cholesterol: 48mg | Sodium: 503mg | Potassium: 686mg | Fiber: 4g | Sugar: 7g | Vitamin A: 415IU | Vitamin C: 11mg | Calcium: 117mg | Iron: 3mg

Mallorreddus alla Campidanese (Sardinian Sausage and Saffron Ragù) from  
<https://www.insidetherustickitchen.com/mallorreddus-alla-campidanese/>

Scan the QR code to check for any recipe updates, view our step-by-step photos or get your questions answered!

