

# LIDIA'S ITALY

140 SIMPLE AND DELICIOUS RECIPES FROM THE TEN PLACES IN ITALY LIDIA LOVES MOST

## Sausages with Potatoes and Hot Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 garlic clove crushed peeled
- ☐ 1.5 pounds ground sausage sweet italian thin
- ☐ 0.8 teaspoon sea salt to taste
- ☐ 2 pounds potatoes – remove skin red (4 medium is best)
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 cup vinegar whole tuscan-style seeded drained thinly sliced (small peppers) (12-ounce jar)

## Equipment

- ☐ frying pan

- ☐ slotted spoon
- ☐ skimmer

## Directions

- ☐ Scrub and dry the potatoes, but don't peel them. Slice them lengthwise into sticks and wedges, about 1/2 inch wide (French-fry size).
- ☐ Pour the olive oil into the skillet and set over medium-high heat. Scatter the garlic and peperoncino flakes in the oil. Stir and toss the garlic for a minute or so, until lightly colored, then, with a slotted spoon or skimmer, scoop all the cloves from the pan and reserve. Strew the sliced pickled peperoncini in the oil and toast them, stirring, for about a minute, just to get them sizzling, then scoop them out—letting all the oil drain back into the pan.
- ☐ Scatter the cut potatoes in the skillet, and toss them in the flavored oil. Season with 1/2 teaspoon of salt, and cook for 6 minutes or so, over moderate heat. Toss and turn them frequently, until lightly crisped on all sides.
- ☐ Push the potatoes to the side of the skillet, and lay all the sausages in the pan. Cook for 5 or 6 minutes, rotating and shifting the sausages until they're sizzling and lightly browned on all sides; turn the potatoes as needed so they don't burn.
- ☐ Cover the pan, lower the heat, and keep the potatoes and sausages sizzling and caramelizing slowly for about 20 minutes, turning and moving them in the skillet now and then.
- ☐ Remove the cover, and scatter the reserved garlic and peperoncini all over. Taste a potato, and season with more salt if you like. Cook uncovered for another 10 minutes or so, over low to moderate heat, until all the potatoes and sausages are caramelized and crisp on the outside, and tender and fully cooked inside.
- ☐ Serve hot (and spicy).
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Lidia's Italy by Lidia Matticchio Bastianich Copyright (c) 2007 by Lidia Matticchio Bastianich Published by Knopf.Lidia Batianich hosts the hugely popular PBS show, "Lidia's Italian-American kitchen" and owns restaurants in New York City, Kansas City, and Pittsburgh. Also the author of Lidia's Italian Table and Lidia's Italian-American Kitchen, she lives in Douglaston, New York. Jay Jacob's journalism has appeared in many national magazines.From the Trade Paperback edition.

## Nutrition Facts



 **PROTEIN 14.38%**  **FAT 66.31%**  **CARBS 19.31%**

Properties

Glycemic Index:18, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:16.464782506227%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 542.14kcal (27.11%), Fat: 39.35g (60.55%), Saturated Fat: 13.33g (83.33%), Carbohydrates: 25.79g (8.6%), Net Carbohydrates: 23.15g (8.42%), Sugar: 2g (2.22%), Cholesterol: 86.18mg (28.73%), Sodium: 1148.27mg (49.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.42%), Vitamin B1: 0.77mg (51.5%), Selenium: 29.52µg (42.17%), Vitamin B6: 0.63mg (31.72%), Potassium: 987.82mg (28.22%), Vitamin B3: 5.44mg (27.22%), Phosphorus: 259.55mg (25.95%), Vitamin C: 16.21mg (19.64%), Manganese: 0.35mg (17.66%), Vitamin B12: 1.03µg (17.2%), Zinc: 2.57mg (17.12%), Copper: 0.31mg (15.25%), Vitamin B2: 0.24mg (14.16%), Iron: 2.53mg (14.05%), Magnesium: 50.32mg (12.58%), Fiber: 2.63g (10.53%), Vitamin B5: 1.02mg (10.18%), Folate: 36.38µg (9.09%), Vitamin K: 6.6µg (6.29%), Calcium: 43.73mg (4.37%), Vitamin E: 0.54mg (3.57%)