

Garlic Sausage and Pasta in a Bechamel Sauce

Jacob · 30/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

8

Description

This is a classic Italian dish made easy and filling with the addition of precooked sausage. Fresh nutmeg makes a big difference in the recipe. If you get the chance, try it with fresh.

Ingredients

- - ½ cup butter - 1 cup all-purpose flour - salt to taste - white pepper to taste - 4 cups milk - 1 (16 ounce) package corkscrew-shaped pasta (fusilli) - 2 egg yolks - ¼ teaspoon ground nutmeg - 1 (12 ounce) package garlic chicken sausage (such as al fresco® All Natural Roasted Garlic Chicken Sausage)
- sliced

Instructions

1. Melt butter in a small saucepan over medium-low heat; whisk flour into the melted butter until dissolved.
2. 5 to 10 minutes. Season with salt and white pepper. Pour milk into the flour mixture; cook and stir until sauce is smooth and thickened.
3. 10 to 15 minutes. Bring a large pot of lightly salted water to a boil. Cook pasta in the boiling water.
4. stirring occasionally until cooked through but firm to the bite.
5. 12 minutes. Drain and transfer to a serving bowl. Remove sauce from heat and stir in egg yolks and nutmeg until well incorporated. Pour sauce over pasta; toss to coat. Cook and stir sausage in a skillet over medium heat until browned and cooked through.
6. 5 to 10 minutes. Stir sausage into pasta; season with salt and white pepper.