

Pennette Rigate with a Duck Ragout



Ingredients:

2 garlic cloves, chopped
2 spoons fennel seeds
1 chilly pepper (or half a spoon of crushed chilly pepper)
4 spoons extra virgin olive oil
½ red onion, chopped
350g (12oz) boneless duck meat
350g (12oz) canned tomatoes in cubes
1 cup red wine – the same as the wine served for dinner
A handful of fresh chopped fennel

Preparation:

With a knife chop duck meat (skin and fat included) into very small pieces. In a non-stick pan sauté in olive oil chilly pepper, garlic, fennel and onion. Once they are golden, add the chopped duck and sauté for about 2-3 minutes, stirring well. Then add wine and reduce for a couple of minutes. Add the tomatoes and reduce on a low fire, stirring quite frequently. At the end of cooking add fresh chopped fennel.

Cook pasta very much al dente – drain it when it's still too firm to eat. Add the pasta into the sauce and on medium heat continue to cook until the pasta reaches the right al dente point, stirring occasionally so that the sauce is absorbed well by the pasta. Serve. If you have a duck-shaped cutter (the one for cookies), you can cut out duck shapes from a slice of white bread or a slice of potato, and use them to decorate the plate.

Makes 4 servings

