

# Salt and Serenity

## Corn Broccoli and Spicy Sausage Pasta

Serves 4

Recipe adapted from Bon Appetit June 2021 issue

860 grams broccoli (1 large broccoli)  
2 Tablespoons Diamond Crystal Kosher salt  
2 tablespoons extra-virgin olive oil  
340 grams spicy Italian sausage (pork or plant based), casings removed  
2 ears fresh corn, shucked and kernels removed from cob  
4 cloves of garlic, rated on microplane grater or finely minced  
340 grams large shell dried pasta  
3 Tablespoons Diamond Crystal Kosher salt  
56 grams unsalted butter, cut into ½ inch pieces  
56 grams Parmesan, coarsely grated  
24 large basil leaves, washed dried and cut into julienne strips  
28 grams Parmesan, coarsely grated for garnish  
Crispy Garlic Breadcrumbs, for finishing (recipe below), optional

1. Bring a large pot of water to a boil. Add 3 tablespoons Diamond Crystal Kosher salt to the water. Rinse broccoli under cold water. Cut the heads into individual florets. Using a vegetable peeler, peel the tough skin off the stems and slice the stems into ½ inch pieces. Boil broccoli for 2 minutes until it starts to feel a bit tender. Drain broccoli. Pat drained broccoli dry on a clean kitchen towel Chop florets and stems into small pieces, about ¼-½ inch in size. Set chopped broccoli aside.
2. Heat olive oil in a large Dutch oven or other heavy-bottom pot over medium-high. Add sausage and cook, breaking up with a wooden spoon. Cook for about 3 minutes. Add corn and garlic and continue cooking for an additional 5-6 minutes until sausage is browned and corn is tender.
3. While corn and sausage are cooking, bring large pot of water to a boil for the pasta. When water is boiling, add 3 Tablespoons Diamond Crystal Kosher salt to water. Add shells and boil until al dente, about 1 minute less than package directions. Set aside 2 cups of pasta cooking water. Drain pasta.
4. Add chopped broccoli to the pot of corn and sausage. Turn on heat to medium and add drained pasta. Stir well. Add 1 cup pasta water and continue stirring and cooking for another minute. Add butter and continue stirring until butter is melted and sauce is smooth and creamy.
5. Add 56 grams grated Parmesan in several additions, stirring after each addition until sauce is smooth. Add a splash or two of more cooking water if sauce seems dry and needs loosening. Taste and season with salt and pepper.
6. Divide pasta among shallow serving bowls. Top with julienned basil and additional Parmesan. Sprinkle with crispy breadcrumbs if using. Serve.

## Crispy Garlic Breadcrumbs

1 Tablespoon butter  
1 Tablespoon olive oil  
1 large clove garlic, grated with microplane zester, or finely minced  
 $\frac{3}{4}$  cup Panko breadcrumbs  
 $\frac{1}{2}$  teaspoon Diamond Crystal Kosher salt

In a medium sized skillet heat butter and olive oil. Add garlic and turn heat to low. Cook garlic for about 1 minute. Add panko and stir to coat evenly with butter/oil. Cook, stirring often, until panko is golden brown, about 4 minutes. Season with salt.