



Apple Barlotto: Orzotto di Mele

READY IN



40 min.

SERVINGS



8

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon peppercorns black
- 3 carrots coarsely chopped
- 4 ribs celery coarsely chopped
- 3.5 pounds chicken wings
- 3 juice of lemon with the juice of 1 lemon cored finely chopped
- 0.5 bunch mint leaves finely chopped
- 2 tablespoons olive oil extra-virgin
- 2 onions coarsely chopped
- 0.5 cup parmigiano-reggiano freshly grated

- 1 bunch parsley stems
- 1 teaspoon pear grappa
- 2.5 cups pearl barley
- 2 tablespoons tomato paste
- 0.3 cup butter unsalted
- 0.5 cup tocai friuliano (recommended: Bastianich)
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Equipment

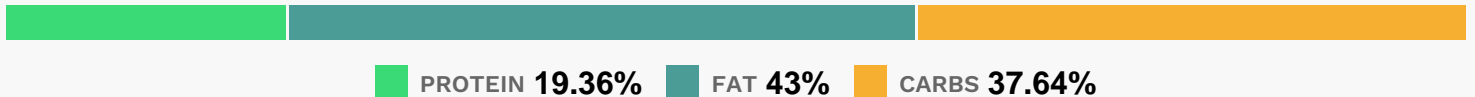
- frying pan
- baking sheet
- sauce pan
- ladle
- pot
- wooden spoon

Directions

- Place the barley in a saucepan, add water to cover by 2 inches, and let soak, refrigerated, for 12 hours or overnight. After soaking, drain the barley and spread out on a baking sheet to dry.
- Place the chicken stock in a medium saucepan and bring to a boil.
- In a wide, high-sided pot, heat the butter over medium-high heat until it foams and subsides.
- Add 1/3 of the apple and saute for a few minutes, until it begins to soften.
- Add the barley and stir for 3 minutes over high heat.
- Combine the grappa and wine, and stir into the pan with the barley.
- Add the chicken stock, a little at a time, stirring constantly, allowing the barley to absorb the liquid to become firm and creamy, like risotto. This will take about 10 minutes.
- After 10 minutes, toss in the remaining apples, mint, and grated cheese and stir 2 more minutes over high heat.
- Serve immediately.

- In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- Add all the chicken parts and brown all over, stirring to avoid burning.
- Remove the chicken and reserve.
- Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to a week or freeze for up to a month.

Nutrition Facts



Properties

Glycemic Index:34.82, Glycemic Load:1.95, Inflammation Score:-10, Nutrition Score:30.065217054409%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 15.94mg, Apigenin: 15.94mg, Apigenin: 15.94mg, Apigenin: 15.94mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 599.36kcal (29.97%), Fat: 28.97g (44.57%), Saturated Fat: 10.17g (63.56%), Carbohydrates: 57.05g (19.02%), Net Carbohydrates: 45.08g (16.39%), Sugar: 3.97g (4.41%), Cholesterol: 102.02mg (34.01%), Sodium: 253.75mg (11.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.35g (58.7%), Vitamin K: 132.45µg (126.15%), Vitamin A: 4988.71IU (99.77%), Selenium: 42.18µg (60.26%), Manganese: 1.12mg (56.17%), Vitamin B3: 9.81mg (49.07%), Fiber: 11.97g (47.86%), Phosphorus: 356.02mg (35.6%), Vitamin B6: 0.65mg (32.36%), Vitamin C: 19.57mg (23.72%), Magnesium: 87.55mg (21.89%), Zinc: 3.19mg (21.25%), Iron: 3.52mg (19.58%), Copper: 0.38mg (19.13%), Potassium: 625.38mg (17.87%), Calcium: 146.74mg (14.67%), Vitamin B1: 0.22mg (14.56%), Vitamin B2: 0.24mg (14.04%), Folate: 50.18µg (12.55%), Vitamin B5: 1.25mg (12.46%), Vitamin E: 1.48mg (9.89%), Vitamin B12:

0.43µg (7.17%), Vitamin D: 0.24µg (1.63%)