

food
network



HEALTH SCORE

79%

Fresh Pipes with Boar Ragu: Fusi con Cinghiale



Dairy Free



Very Healthy

READY IN

**297 min.**

SERVINGS

**4**

CALORIES

**2348 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 bay leaves



2 tablespoons peppercorns black



0.5 can canned tomatoes peeled



2 carrots shredded



6 carrots coarsely chopped



8 ribs celery coarsely chopped



7 pounds chicken wings

- ☐ 2 eggs beaten
- ☐ 1 teaspoon rosemary leaves fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 2 onions finely chopped
- ☐ 4 onions coarsely chopped
- ☐ 0.1 pound pancetta
- ☐ 2 bunches parsley stems
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 3 tablespoons tomato paste
- ☐ 4 tablespoons tomato paste
- ☐ 4 cups unbleached flour
- ☐ 0.5 cup warm water
- ☐ 3.5 pounds boar shoulder wild
- ☐ 2 bottles barolo
- ☐ 2 bottles barolo

Equipment

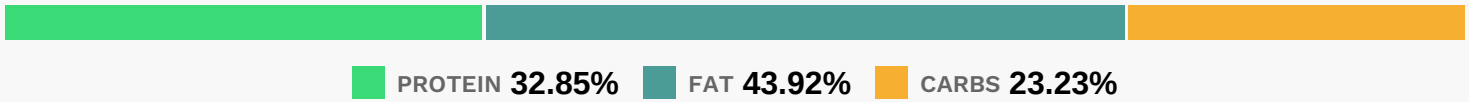
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ On a clean work surface, mound 3 1/2 cups of the flour, reserving 1/2 cup. Form a well at the center of the mound and place the eggs, salt, and olive oil in the center of the well. Beat the wet ingredients with a fork and slowly drizzle in the warm water. Start to incorporate the flour into the center of the well, a little at a time, until it is all incorporated.
- ☐ With clean, floured hands, knead the dough for 20 minutes by hand, or use the dough hook attachment in a mixer. The dough should be smooth and satiny.
- ☐ Let rest for 2 hours, covered and refrigerated, before rolling out.
- ☐ Cut the dough into thirds or quarters, and roll out to the second-thinnest setting on a pasta rolling machine.
- ☐ Cut the pasta into 1 1/2-inch thick strips, then lay the strips atop one another forming 3 stacks.
- ☐ Cut the strips crosswise at a slight angle at 2-inch intervals, forming lozenges.
- ☐ Roll each lozenge into a quill shape, pressing the ends together as they overlap. Set aside on a baking sheet, covered with a damp towel.
- ☐ In a large casserole, combine the onion, pancetta, and olive oil and cook over high heat until the onion is golden. Season with salt and pepper, to taste.
- ☐ Add the carrot, bay leaves, cloves, and rosemary. Season well with salt and pepper, then push the aromatics to 1 side of the pot.
- ☐ Season the meat with salt and pepper and add to the pot. Cook over high heat until it is browned on all sides, about 15 minutes.
- ☐ Add the tomato paste and stir it in thoroughly.
- ☐ Add the wine and simmer for 30 minutes.
- ☐ Add the tomatoes and stock, stir them in thoroughly, then simmer for 3 hours, or until the meat is very tender.
- ☐ Remove the meat and set aside. Once the meat is cool enough to handle, shred it with a fork. Return the meat to the pot and simmer for another 30 minutes, until it is a nice thick ragu consistency.
- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt. Cook the pasta quills in the boiling water until tender yet al dente, about 4 minutes.

- ☐ Drain and toss in a large serving bowl with enough ragu to coat the pasta but not overwhelm it.
- ☐ 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 6 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:109.67, Glycemic Load:70.18, Inflammation Score:-10, Nutrition Score:66.349130381709%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 63.74mg, Apigenin: 63.74mg, Apigenin: 63.74mg, Apigenin: 63.74mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 4.33mg, Myricetin: 4.33mg, Myricetin: 4.33mg, Myricetin: 4.33mg Quercetin: 34.14mg, Quercetin: 34.14mg, Quercetin: 34.14mg, Quercetin: 34.14mg

Nutrients (% of daily need)

Calories: 2347.89kcal (117.39%), Fat: 113.14g (174.05%), Saturated Fat: 29.13g (182.05%), Carbohydrates: 134.64g (44.88%), Net Carbohydrates: 119.76g (43.55%), Sugar: 20.26g (22.52%), Cholesterol: 421.25mg (140.42%), Sodium: 1387.65mg (60.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 190.41g (380.82%), Vitamin K: 534.43µg (508.98%), Vitamin A: 24476.13IU (489.52%), Selenium: 167.9µg (239.86%), Vitamin B3: 46.68mg (233.42%), Vitamin B1: 2.16mg (144%), Phosphorus: 1401.35mg (140.14%), Manganese: 2.42mg (121.01%), Vitamin B6: 2.23mg (111.38%), Vitamin C: 73.73mg (89.37%), Vitamin B2: 1.27mg (74.64%), Potassium: 2351.47mg (67.18%), Fiber: 14.87g (59.49%), Iron: 10.45mg (58.07%), Zinc: 8.58mg (57.21%), Vitamin E: 8.18mg (54.54%), Vitamin B5: 5.35mg (53.46%), Folate: 206.57µg (51.64%), Magnesium: 198.03mg (49.51%), Copper: 0.88mg (44.16%), Calcium: 332.8mg

(33.28%), Vitamin B12: 1.64µg (27.31%), Vitamin D: 0.93µg (6.17%)