



Mushroom Lover's Marinara

READY IN



125 min.

SERVINGS



6

CALORIES



1099 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 leaves basil for garnish
- ☐ 1 teaspoon peppercorns whole black
- ☐ 1 pound bucatini pasta
- ☐ 2 tablespoons butter
- ☐ 28 ounce canned tomatoes canned
- ☐ 1 carrots peeled coarsely chopped
- ☐ 2 ribs celery coarsely chopped
- ☐ 4 pound meat from a rotisserie chicken
- ☐ 1 chile pepper dried fresh such as fresno, finely chopped or 1 teaspoon flakes

- ☐ 1 pound cremini mushrooms sliced
- ☐ 1 ounce a handful of porcini mushrooms dried
- ☐ 0.3 cup evoo
- ☐ 1 large bay leaf fresh
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 cloves garlic crushed
- ☐ 4 cloves garlic finely chopped
- ☐ 0.3 pound guanciale chopped
- ☐ 1 optional: lemon sliced
- ☐ 1 teaspoon marjoram scant
- ☐ 0.5 cup plum brandy dry red
- ☐ 1 onion peeled quartered
- ☐ 6 servings herb bundle of parsley with a string
- ☐ 6 servings pecorino cheese grated for topping
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups tomato sauce

Equipment

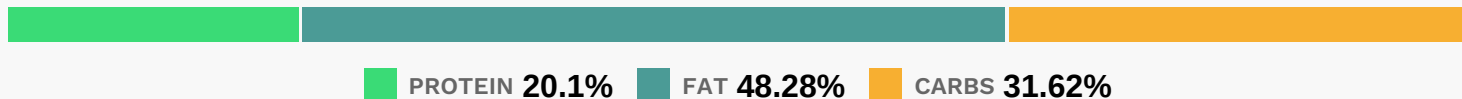
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Place the porcini mushrooms in a pot, cover with the stock and bring to a simmer. Reconstitute to tender, then remove with a slotted spoon and chop; reserve with the liquid.

- ☐ Heat a tablespoon of EVOO in a Dutch oven over medium-high heat, add the guanciale and crisp.
- ☐ Remove with a slotted spoon, add the remaining EVOO, a few turns of the pan, and add the cremini mushrooms to brown, 10 minutes.
- ☐ Add the garlic, thyme, marjoram or oregano, chile, salt and pepper, stir 1 to 2 minutes, then add the tomato paste and stir a minute more.
- ☐ Add the marsala or wine and the reserved porcini stock, minus a few spoonfuls where grit may have settled.
- ☐ Add the porcini, guanciale or bacon and the tomatoes (break up tomatoes a bit); stir in the passata and, a few leaves of basil and simmer over low heat 40 to 45 minutes, stirring occasionally to thicken and combine flavors. Cool and store for a make-ahead meal. Reheat the sauce, covered, over medium heat, stirring occasionally.
- ☐ To serve, bring a large pot of water to a boil for the pasta, add salt and cook the pasta to al dente, reserving a cup of starchy cooking water just before draining. Return the pasta to the hot pot and add the butter and half of the sauce; toss to combine, adding some starchy cooking water if necessary to loosen the sauce.
- ☐ Serve the pasta in shallow bowls with the remaining mushroom marinara on top; garnish with lots of cheese.
- ☐ Place the chicken in a large stockpot.
- ☐ Add the celery, carrot, onion, garlic, lemon, bay leaf, peppercorns and the herb bundle; season with salt. Cover the chicken with water and bring to a boil; reduce the heat to a low, rolling simmer. Simmer 60 to 75 minutes, then cool the chicken in its stock. Strain the stock.
- ☐ Remove the chicken in large pieces from the skin and bones.
- ☐ Cut half of the meat into bite-size chunks. Thinly slice or pull the remaining meat.

Nutrition Facts



Properties

Glycemic Index:102.89, Glycemic Load:29.03, Inflammation Score:-10, Nutrition Score:49.129565031632%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 9.07mg, Apigenin: 9.07mg, Apigenin: 9.07mg, Apigenin: 9.07mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 1099.31kcal (54.97%), Fat: 59.04g (90.84%), Saturated Fat: 20.81g (130.04%), Carbohydrates: 87g (29%), Net Carbohydrates: 77.56g (28.2%), Sugar: 15.02g (16.68%), Cholesterol: 170.34mg (56.78%), Sodium: 1676.9mg (72.91%), Alcohol: 2.1g (100%), Alcohol %: 0.39% (100%), Protein: 55.32g (110.64%), Selenium: 97.18µg (138.82%), Vitamin B3: 17.63mg (88.14%), Vitamin K: 91.97µg (87.59%), Phosphorus: 784.63mg (78.46%), Manganese: 1.49mg (74.48%), Vitamin A: 3416.09IU (68.32%), Copper: 1.34mg (66.85%), Vitamin B6: 1.17mg (58.63%), Vitamin B2: 0.94mg (55.03%), Vitamin C: 43.53mg (52.77%), Potassium: 1745.02mg (49.86%), Vitamin B5: 4.75mg (47.47%), Calcium: 467.14mg (46.71%), Zinc: 5.73mg (38.18%), Fiber: 9.43g (37.73%), Magnesium: 149.5mg (37.37%), Iron: 6.64mg (36.87%), Vitamin E: 5.24mg (34.91%), Vitamin B1: 0.41mg (27.41%), Folate: 96.17µg (24.04%), Vitamin B12: 0.87µg (14.49%), Vitamin D: 0.7µg (4.67%)