



Onion Soup, Emilia-style: Cipollata

READY IN



190 min.

SERVINGS



6

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon peppercorns black
- 6 slices tuscan bread
- 4 tablespoons butter
- 3 carrots coarsely chopped
- 4 ribs celery coarsely chopped
- 3.5 pounds chicken wings
- 1 tablespoon fat back
- 3 eggs beaten
- 4 tablespoons olive oil extra virgin

- 4 tablespoons flour
- 0.5 cup milk
- 2 tablespoons olive oil extra-virgin
- 2 onions coarsely chopped
- 1 bunch parsley stems
- 0.3 cup pecorino toscano freshly grated
- 6 servings salt and pepper
- 2 tablespoons tomato paste
- 0.5 cup white wine
- 12 cippole red thinly sliced
- 12 cippole red thinly sliced

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- whisk
- pot
- wooden spoon
- grill

Directions

- In a large, heavy-bottomed pot, melt the butter and the lard over low heat.
- Add the onions and cook slowly, allowing them to develop a rich brown color. Once the onions have cooked for about 20 minutes, add the flour and stir through.
- Add the wine, milk and stock, then gently stir. Cook 10 minutes more, at a high simmer.
- Whisk in the eggs and cheese and continue to cook until the liquid thickens to stew consistency. Season with salt and pepper. Grill each slice of bread, drizzle with oil and serve

with the cipollata in warmed bowls.

- 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

PROTEIN 19.86% **FAT 64.35%** **CARBS 15.79%**

Properties

Glycemic Index:79.75, Glycemic Load:12.88, Inflammation Score:-10, Nutrition Score:30.86739154484%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 21.25mg, Apigenin: 21.25mg, Apigenin: 21.25mg, Apigenin: 21.25mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 741.11kcal (37.06%), Fat: 52.01g (80.02%), Saturated Fat: 16.03g (100.17%), Carbohydrates: 28.71g (9.57%), Net Carbohydrates: 24.6g (8.95%), Sugar: 7g (7.78%), Cholesterol: 220.73mg (73.58%), Sodium: 672.53mg (29.24%), Alcohol: 2.06g (100%), Alcohol %: 0.69% (100%), Protein: 36.12g (72.23%), Vitamin K: 181.89µg (173.23%), Vitamin A: 6719.39IU (134.39%), Selenium: 40.46µg (57.8%), Vitamin B3: 11.13mg (55.65%), Manganese: 0.79mg (39.38%), Phosphorus: 372.01mg (37.2%), Vitamin B6: 0.73mg (36.39%), Vitamin B2: 0.43mg (25.56%), Vitamin C: 20.2mg (24.48%), Vitamin E: 3.58mg (23.86%), Iron: 4.28mg (23.79%), Folate: 87.5µg (21.88%), Vitamin B5: 2.06mg

(20.59%), Zinc: 3.06mg (20.41%), Vitamin B1: 0.3mg (20.12%), Potassium: 698.12mg (19.95%), Calcium: 190.44mg (19.04%), Magnesium: 67.38mg (16.84%), Fiber: 4.11g (16.45%), Vitamin B12: 0.83µg (13.76%), Copper: 0.22mg (10.93%), Vitamin D: 0.88µg (5.87%)