

Pané Frattau

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 extra large eggs
- 5 large basil fresh
- 1 small clove garlic peeled cut into slivers
- 1.5 pounds canned tomatoes fresh italian canned drained
- 4 tablespoons olive oil
- 4 servings pecorino cheese freshly grated
- 1 tablespoon red wine vinegar
- 4 servings salt coarse-grained

- 4 servings pepper black freshly ground
- 4 cups vegetable stock homemade

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- slotted spoon

Directions

- Cut the fresh tomatoes into pieces, then place fresh or canned tomatoes in a medium-sized saucepan with the olive oil, garlic, salt and pepper to taste and the basil leaves; simmer for 15 minutes.
- Pass contents of pan through a food mill, using the disc with the smallest holes, into a crockery or glass bowl. Return the strained sauce to the saucepan and reduce for 5 minutes. Taste for salt and pepper.
- Set the carta da musica bread, 1 sheet at a time, on a large serving platter, pour 1 cup of the broth over it and let soak for 5 minutes. Carefully transfer each bread sheet onto an individual dish.
- Pour 1/4 of the still very warm tomato sauce over each sheet and spread it out with a ladle. Fold the overhanging pieces of the bread inward to reproduce the shape of the dish itself. Follow this procedure with all 4 sheets of bread.
- Place a medium-sized saucepan with 3 cups of cold water over medium heat. When the water reaches a boil, add salt to taste and the wine vinegar. Break 1 egg in the water and carefully, using a small spoon, fold the white over the egg yolk; simmer for 3 minutes. Using a slotted spoon, transfer the uovo in camicia (poached egg) onto the bread and tomato sauce of one of the dishes. Repeat the same procedure with the other 3 eggs.
- Sprinkle abundant grated cheese over the 4 portions and serve.
- The versatile unleavened Sardinian flatbread pane carasau (carta da musica in Italian) is often used as a foundation for other dishes. In pane frattau, the normally crisp sheets are softened using broth, and transformed into a lasagna noodle of sorts, supporting layers of tomato sauce and pecorino cheese. • Thanks to Sardinia's robust sheep population, pecorino

— a sharp cheese made from sheep's milk — has been an island staple for centuries, often in the form of fiore Sardo ("flower of Sardinia"). In 1996, Pecorino Sardo — a modern descendent of fiore Sardo — received a European DOP classification ("protected-origin product"), ensuring its quality and provenance. (The cheese even has its own official Web site, www.pecorinosardo.it, as does fiore Sardo, www.fioresardo.it.) Pecorino Sardo comes in two main varieties: fresh and ripened. The fresh version has a smooth white rind, a soft inner texture, and a mild flavor. Ripened (or "mature") Pecorino Sardo, used in this recipe, has a thicker, darker rind, a firm and grainy interior, and a sharp flavor.

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Nutrition Facts

 **PROTEIN 19.57%**  **FAT 63.1%**  **CARBS 17.33%**

Properties

Glycemic Index:60.5, Glycemic Load:5.22, Inflammation Score:-7, Nutrition Score:19.196956344273%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 388.32kcal (19.42%), Fat: 27.89g (42.91%), Saturated Fat: 8.89g (55.56%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 13.95g (5.07%), Sugar: 9.92g (11.02%), Cholesterol: 239.52mg (79.84%), Sodium: 1798.59mg (78.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.46g (38.92%), Calcium: 411.56mg (41.16%), Phosphorus: 395.2mg (39.52%), Selenium: 22.68µg (32.39%), Vitamin E: 4.8mg (32.03%), Vitamin B2: 0.46mg (26.87%), Vitamin A: 1320.15IU (26.4%), Iron: 3.56mg (19.76%), Vitamin K: 20.52µg (19.55%), Vitamin C: 15.99mg (19.38%), Vitamin B6: 0.39mg (19.31%), Copper: 0.37mg (18.33%), Manganese: 0.37mg (18.31%), Potassium: 608.92mg (17.4%), Vitamin B5: 1.47mg (14.65%), Vitamin B12: 0.83µg (13.91%), Magnesium: 53.87mg (13.47%), Zinc: 1.97mg (13.14%), Fiber: 3.28g (13.12%), Folate: 50.91µg (12.73%), Vitamin B1: 0.16mg (10.86%), Vitamin B3: 2.15mg (10.77%), Vitamin D: 1.27µg (8.47%)