

food
network



HEALTH SCORE

79%

Pasta and Rice Pie: Sartu



Very Healthy

READY IN

**150 min.**

SERVINGS

**6**

CALORIES

**2101 kcal**

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 1 cup bread crumbs dried
- ☐ 3 tablespoons butter
- ☐ 8 tablespoons butter
- ☐ 16 ounce canned tomatoes whole with the juices crushed peeled canned
- ☐ 1 carrots finely chopped
- ☐ 3 carrots coarsely chopped
- ☐ 4 ribs celery coarsely chopped
- ☐ 4 stalks celery finely chopped

- ☐ 0.5 pound chicken livers cooked chopped
- ☐ 3.5 pounds chicken wings
- ☐ 8 cups arborio rice cooked
- ☐ 2 cups penne pasta cooked
- ☐ 1 cup cooking wine dry white
- ☐ 3 eggs
- ☐ 0.3 cup flour
- ☐ 5 cloves garlic sliced
- ☐ 0.5 pound ground beef
- ☐ 1 pound ground pork
- ☐ 1 pound ground veal
- ☐ 10 inch mild sausage links to package directions and coin sweet italian cooked sliced into 1/2-inch slices
- ☐ 6 meatballs cooked halved
- ☐ 0.5 cup milk
- ☐ 2 cups milk
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 onions coarsely chopped
- ☐ 2 medium onions finely chopped
- ☐ 0.3 pound pancetta minced
- ☐ 2 cups parmigiano-reggiano freshly grated
- ☐ 1 bunch parsley stems
- ☐ 1 cup peas cooked
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons tomato paste
- ☐ 4 tablespoons butter unsalted

Equipment

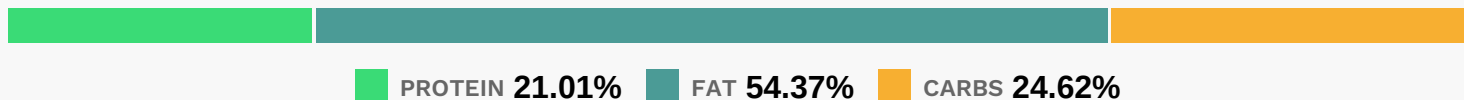
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Special equipment: 1 medium metal bowl to hold about 6 quarts
- ☐ Preheat oven to 375 degrees F.
- ☐ Butter the entire inside of the metal bowl. Use all the butter to coat entirely.
- ☐ Pour bread crumbs into bowl and shake around to cover entire inside of bowl.
- ☐ Pour 1 cup of the cheese in with the rice and mix thoroughly. Put a handful of rice into bottom of buttered and breaded bowl and pack the rice tightly. Keep adding and packing rice into bowl to cover entire inside of bowl about 1-inch thick.
- ☐ Pour chicken livers into bottom of bowl.
- ☐ Sprinkle with a little cheese.
- ☐ Slide the sunny-side eggs on top of chicken livers.
- ☐ Sprinkle with a little cheese.
- ☐ Pour the ragu carefully over the eggs. Pack down firmly.
- ☐ Sprinkle with a little cheese.
- ☐ In another separate bowl, combine the penne with the peas and bechamel, and add this mixture on top of ragu. Again, pack down firmly and sprinkle with a little cheese.
- ☐ Place the meatball halves on top of pasta mixture. Next, place the sausage pieces on top of meatball halves.
- ☐ Sprinkle with the rest of the cheese.

- ☐ Cover this entire layered bowl with the rest of the rice and pack down firmly.
- ☐ Place in oven and bake for 1 hour until browned on top. When finished, let rest for 10 minutes and carefully run a knife along the edge of the bowl. Turn over onto a large platter and knock on the bottom of the bowl. Sartu should easily slide out of bowl. Slice and eat immediately.
- ☐ In a small saucepan, heat the milk over medium heat.
- ☐ In a small saute pan, heat the butter over medium heat until melted and add flour all at once, stirring vigorously. Cook for about 5 minutes, stirring constantly.
- ☐ Add the heated milk and whisk until smooth. Lower heat and simmer for 30 minutes.
- ☐ In a 6 to 8-quart, heavy-bottomed saucepan, heat the olive oil and butter over medium heat.
- ☐ Add the onion, celery, carrot, and garlic and sweat over medium heat until vegetables are translucent.
- ☐ Add veal, pork, beef, and pancetta to the vegetables, brown over high heat, stirring to keep meat from sticking together for about 15 to 20 minutes.
- ☐ Add the milk and simmer until almost dry, about 10 minutes.
- ☐ Add the tomatoes and simmer 15 minutes.
- ☐ Add the wine and brodo, bring to a boil, lower the heat, and simmer for 2 to 2 1/2 hours, until flavors are developed. Season with salt and pepper, to taste, and remove from the heat.
- ☐ 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:127.42, Glycemic Load:13.99, Inflammation Score:-10, Nutrition Score:69.081739052482%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 22.02mg, Apigenin: 22.02mg, Apigenin: 22.02mg, Apigenin: 22.02mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 15.64mg, Quercetin: 15.64mg, Quercetin: 15.64mg, Quercetin: 15.64mg

Nutrients (% of daily need)

Calories: 2100.81kcal (105.04%), Fat: 124.19g (191.06%), Saturated Fat: 50.6g (316.25%), Carbohydrates: 126.57g (42.19%), Net Carbohydrates: 118.73g (43.18%), Sugar: 16.62g (18.47%), Cholesterol: 499.36mg (166.45%), Sodium: 1755.54mg (76.33%), Alcohol: 4.12g (100%), Alcohol %: 0.42% (100%), Protein: 107.96g (215.92%), Vitamin A: 9856.27IU (197.13%), Vitamin K: 202.31µg (192.68%), Selenium: 120.95µg (172.78%), Vitamin B3: 31.11mg (155.56%), Phosphorus: 1296.33mg (129.63%), Vitamin B1: 1.8mg (119.93%), Vitamin B6: 2.19mg (109.63%), Manganese: 1.96mg (98.17%), Zinc: 12.65mg (84.34%), Vitamin B2: 1.36mg (79.87%), Calcium: 744.59mg (74.46%), Vitamin B12: 4.42µg (73.6%), Folate: 294.17µg (73.54%), Iron: 12.46mg (69.23%), Vitamin B5: 5.96mg (59.6%), Potassium: 2039.08mg (58.26%), Vitamin C: 42.47mg (51.48%), Magnesium: 190.98mg (47.75%), Copper: 0.75mg (37.59%), Vitamin E: 5.32mg (35.49%), Fiber: 7.84g (31.36%), Vitamin D: 2.12µg (14.14%)