






Pasta, Old-Fashioned Style, to Cover: Pasta al'Antica Per Timpano

 Very Healthy

READY IN

65 min.

SERVINGS

8

CALORIES

2156 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound beef chuck cut into chunks
- 3 cups day-old bread cut into 1-inch cubes
- 1.5 cups bread crumbs toasted
- 0.5 cup butter
- 5 tablespoons butter
- 56 ounce tomatoes whole crushed peeled canned
- 0.5 medium carrots shredded finely

- 1 pinch chile flakes hot
- 4 egg yolks
- 3 eggs beaten
- 0.3 cup olive oil extra virgin
- 2 tablespoons olive oil extra virgin
- 2.5 cups flour
- 4 tablespoons flour
- 3 tablespoons thyme leaves dried fresh chopped
- 3 cloves garlic minced
- 4 garlic cloves peeled thinly sliced
- 1.3 pounds ground beef
- 8 servings little ice water
- 0.5 pound sausages sweet italian
- 3 cups milk
- 0.5 teaspoon nutmeg freshly grated
- 8 servings several gratings nutmeg
- 0.3 cup olive oil extra-virgin
- 4 tablespoons olive oil extra-virgin
- 1 onion finely chopped
- 1 onion spanish chopped
- 2 cups parmigiano-reggiano freshly grated
- 1 bunch parsley italian finely chopped
- 0.8 cup pecorino grated
- 0.5 teaspoon pepper
- 0.3 cup pinenuts toasted for 2 minutes in a 400 degree oven
- 0.5 pound prosciutto crudo
- 0.8 cup red wine
- 0.5 teaspoon salt
- 1 teaspoon salt

- 2 teaspoons salt
- 8 servings salt to taste
- 56 ounce san marzano tomatoes and juices peeled canned
- 0.5 pound veal cut into chunks
- 2 pounds ziti pasta
- 6 ounces lard
- 6 ounces lard

Equipment

- bowl
- oven
- knife
- pot
- aluminum foil
- dutch oven

Directions

- Place 6 quarts water in a spaghetti pot, bring to a boil and add 2 tablespoons salt. Drop pasta in and cook 2 minutes less than the package instructions, remove and refresh under cold running water until cool, 2 to 3 minutes.
- Remove from refreshing bath and toss with 2 tablespoons oil and set aside.
- Preheat oven to 375 degrees F
- Roll out the pasta frolla to 1/4-inch thick. Butter the metal bowl and dust with the bread crumbs.
- Lay the pasta frolla in to completely line all of the bowl plus 1 1/2 inches over the edge and set aside.
- Mix half of the cooked rigatoni with 2 1/2 cups Ragu Napoletano, 1/2 cup of Parmigiano and set aside.
- Mix the remaining half of the cooked rigatoni with half of the besciamella, 1/4 cup parmigiano, the prosciutto and a generous grating of nutmeg, and set aside.

- Place the white mixed pasta into the mold and press down lightly.
- Sprinkle over with grated Parmigiano.
- Place the meatballs (polpette) over the white pasta carefully in a consistent layer and press carefully down.
- Sprinkle with Parmigiano.
- Place the red pasta over the polpette and press down gently.
- Fold the extra 1 1/2 inches of pasta frolla over the whole thing and press gently. Cover the open top with foil and place in oven to bake for 35 to 40 minutes.
- Remove from oven, remove foil, invert onto a large serving platter, and allow to rest 3 minutes. Carefully loosen the pasta around the base with a knife and knock with knuckles to remove from bowl.
- Serve immediately with remaining Parmigiano on the side. This will be cut like a cake to serve.
- Make a well in the flour on a wooden work surface.
- Cut the lard into 1/4-inch pieces and place in the center of the well with the yolks, salt and a teaspoon of ice water.
- Mix well with the tips of your fingers to form a lumpy mass. Bring together as a dough and knead for 4 to 5 minutes. Wrap in plastic and set aside.;
- In a large pasta pot or Dutch oven, combine the veal, beef, onion, and oil over high heat and cook until meat is seared on all sides and meat juices have evaporated, 10 to 12 minutes.
- Add the wine and cook, stirring constantly, until wine evaporates and meat is darker brown, about 5 minutes.
- Stir in the tomatoes, sausages, salt, and chile flakes. Reduce heat to simmer and cook 2 1/2 to 3 hours, stirring occasionally and skimming fat as necessary.
- Remove from heat and remove meat from ragu. Adjust seasoning with salt and pepper, and allow to cool.

Nutrition Facts

PROTEIN 15.99% **FAT 46.06%** **CARBS 37.95%**

Properties

Glycemic Index:116.69, Glycemic Load:85.99, Inflammation Score:-10, Nutrition Score:73.515652407771%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg Apigenin: 15.49mg, Apigenin: 15.49mg, Apigenin: 15.49mg, Apigenin: 15.49mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 2156.35kcal (107.82%), Fat: 109.64g (168.68%), Saturated Fat: 40.64g (254%), Carbohydrates: 203.31g (67.77%), Net Carbohydrates: 187.83g (68.3%), Sugar: 26.55g (29.5%), Cholesterol: 379.01mg (126.34%), Sodium: 3314.31mg (144.1%), Alcohol: 2.38g (100%), Alcohol %: 0.22% (100%), Protein: 85.63g (171.26%), Selenium: 168.23µg (240.33%), Manganese: 3.64mg (181.77%), Vitamin K: 166.22µg (158.31%), Phosphorus: 1262.82mg (126.28%), Vitamin B3: 22.45mg (112.25%), Vitamin B1: 1.61mg (107.49%), Vitamin A: 4446.52IU (88.93%), Calcium: 870.42mg (87.04%), Zinc: 12.87mg (85.78%), Vitamin B2: 1.45mg (85.26%), Iron: 15.13mg (84.08%), Vitamin B6: 1.55mg (77.5%), Vitamin C: 63.24mg (76.66%), Folate: 298.57µg (74.64%), Vitamin B12: 4.4µg (73.36%), Potassium: 2197.83mg (62.8%), Magnesium: 250.02mg (62.5%), Fiber: 15.48g (61.91%), Copper: 1.15mg (57.45%), Vitamin E: 8.3mg (55.32%), Vitamin B5: 4.29mg (42.92%), Vitamin D: 2.21µg (14.71%)