



Sausage-and-Rice Timbale

READY IN



90 min.

SERVINGS



6

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups arborio rice
- ☐ 3 tablespoons breadcrumbs
- ☐ 4 large eggs
- ☐ 0.5 cup basil leaves fresh
- ☐ 2 cloves garlic minced
- ☐ 6 servings kosher salt
- ☐ 3 cups chicken broth low-sodium
- ☐ 1 medium onion chopped
- ☐ 3 ounces pecorino romano cheese grated

- ☐ 0.8 pound pork sausage italian preferably luganega
- ☐ 2 ounces deli- provolone cheese
- ☐ 0.3 cup tomato paste
- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ wooden spoon
- ☐ spatula
- ☐ springform pan
- ☐ colander

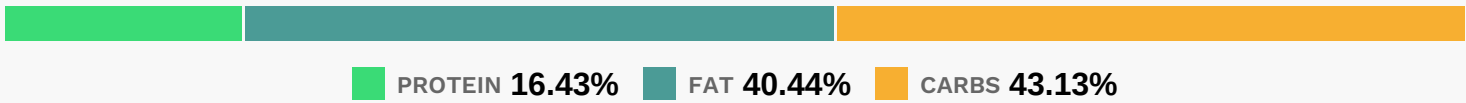
Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the rice, reduce the heat and simmer, stirring once or twice, until the rice is tender, 12 to 15 minutes.
- ☐ Drain, shaking the colander to remove any excess water.
- ☐ Spread the rice on a rimmed baking sheet and let cool.
- ☐ Preheat the oven to 450 degrees F and place a baking sheet on the middle rack. Melt 2 tablespoons butter in a large skillet over medium-high heat.
- ☐ Add the onion and cook until soft, about 8 minutes.
- ☐ Add the sausage and cook, breaking it up with a wooden spoon, until browned, about 6 minutes. Tear the basil and add to the skillet along with the garlic and tomato paste. Increase the heat to high and cook, stirring, until the tomato paste browns, about 4 minutes. Stir in the chicken broth, scraping up any browned bits from the bottom of the skillet. Cook, stirring

occasionally, until thickened, 15 to 20 minutes.

- ☐ Meanwhile, grease the bottom and sides of an 8-inch springform pan with the remaining 1 tablespoon butter. Coat the pan with the breadcrumbs, tapping to remove any excess.
- ☐ Put the eggs and all but 3 tablespoons of the pecorino cheese in a small bowl and beat with a fork.
- ☐ Put the cooled rice in a bowl; add the egg mixture and stir to combine.
- ☐ Transfer about two-thirds of the rice mixture to the prepared springform pan. Using moist fingers, pat the rice onto the bottom and up the sides of the pan, forming a 1/2-inch-thick layer.
- ☐ Place the provolone slices over the rice in the pan. Spoon about three-quarters of the sausage filling over the provolone, filling it to 1/2 inch from the top. Pat the remaining rice mixture on top to enclose the filling, then sprinkle with the remaining 3 tablespoons pecorino cheese.
- ☐ Put the pan on the hot baking sheet and bake until golden, about 20 minutes.
- ☐ Transfer to a rack and let cool, 5 minutes.
- ☐ Run a small knife around the edge of the pan to loosen the timbale, then remove the side of the pan. Slide a spatula under the timbale and transfer it to a platter. Thin the remaining sausage filling with a splash of water and reheat.
- ☐ Serve with the timbale.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:53.58, Inflammation Score:-8, Nutrition Score:24.671304371046%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 713.45kcal (35.67%), Fat: 31.72g (48.79%), Saturated Fat: 14.08g (87.98%), Carbohydrates: 76.1g (25.36%), Net Carbohydrates: 72.72g (26.45%), Sugar: 2.87g (3.19%), Cholesterol: 201.14mg (67.05%), Sodium: 1001.36mg (43.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.99g (57.97%), Folate: 222.41µg (55.6%), Manganese: 1.02mg (51.16%), Vitamin B1: 0.71mg (47.57%), Phosphorus: 438.67mg (43.87%), Vitamin B3: 8.48mg (42.39%), Selenium: 28.39µg (40.56%), Iron: 5.83mg (32.4%), Calcium: 277.7mg (27.77%), Vitamin B2: 0.43mg (25.09%), Zinc: 3.57mg (23.82%), Vitamin B6: 0.47mg (23.54%), Vitamin B5: 2.15mg (21.53%), Vitamin B12: 1.22µg (20.38%), Copper: 0.38mg (18.75%), Vitamin A: 811.87IU (16.24%), Potassium: 535.55mg (15.3%), Fiber: 3.37g (13.48%), Magnesium: 50.99mg (12.75%), Vitamin D: 1.63µg (10.85%), Vitamin K: 11.3µg (10.76%), Vitamin E: 1.17mg (7.79%), Vitamin C: 4.82mg (5.84%)