

Sunday Ragù

 Gluten Free

READY IN



240 min.

SERVINGS



12

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pound pork shoulder boneless cut into 2-inch pieces
- 0.5 cup flat parsley finely chopped
- 4 garlic clove minced
- 1 pound ground sausage italian hot
- 1 pound ground sausage sweet italian
- 0.5 cup olive oil for frying divided
- 1 large onion finely chopped
- 3 ounces pancetta thinly sliced finely chopped

- 2 ounces pecorino cheese grated
- 2 pounds pork ribs country-style
- 140 ounce frangelico whole italian canned (preferably)
- 1.5 pounds top round
- 1 turkish bay leaf

Equipment

- frying pan
- paper towels
- pot
- blender
- plastic wrap
- rolling pin
- slotted spoon
- tongs
- meat tenderizer

Directions

- Pulse tomatoes with juice (1 can at a time) in a blender until almost smooth.
- Heat oil in a wide 10-to 12-quarts heavy pot over medium-high heat until it shimmers, then sauté onion until golden, about 6 minutes.
- Add garlic and sauté 1 minute.
- Add tomato purée, bay leaf, and 1/2 teaspoon salt and simmer, uncovered, stirring occasionally, until thickened, 40 to 45 minutes. Discard bay leaf.
- Stir together garlic, parsley, cheese, and pancetta.
- Pound top round to 1/8 inch thick between 2 sheets of plastic wrap with a rolling pin or meat pounder. Spoon parsley mixture evenly over beef cutlets (about 3 tablespoons each). Starting with a short side, roll up cutlets and tie at each end with string to make braciola.
- Form reserved meatball mixture into balls (about 16), using a 1/4-cup measure.

- Heat 2 tablespoons olive oil in a 12-inch heavy skillet over medium heat until it shimmers. Season braciolo with 1/2 teaspoon salt and 1/4 teaspoon pepper (total) and brown well in 2 batches, turning, about 6 minutes per batch.
- Transfer to a large shallow pan.
- Add 2 tablespoons oil to skillet and brown sausage in 2 batches, turning, about 6 minutes per batch.
- Transfer to pan with braciolo.
- Pat pork shoulder dry and season with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Add 2 tablespoons oil to skillet and brown pork shoulder all over, about 5 minutes.
- Transfer to pan.
- Pat pork ribs dry and season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Add remaining 2 tablespoons oil to skillet and brown ribs well in 2 batches, turning, about 6 minutes per batch.
- Transfer to pan.
- Heat reserved oil from polpetta in skillet over medium heat until it shimmers. Fry meatballs in 2 batches (do not crowd), turning occasionally, until well browned, about 6 minutes per batch.
- Transfer to paper towels using a slotted spoon. (Discard oil.)
- Return sauce to a simmer and carefully add all meats and juices. Simmer, partially covered, gently stirring occasionally (do not break up meatballs), until all meats are tender, about 2 1/4 hours.
- Transfer meats with tongs to a large platter.
- Serve with fettuccine and remaining sauce.
- Tomato sauce with meats can be made 4 days ahead and chilled (covered once cool).

Nutrition Facts

PROTEIN 31.05% **FAT 67.37%** **CARBS 1.58%**

Properties

Glycemic Index:14.33, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:28.00130417036%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 624.47kcal (31.22%), Fat: 45.83g (70.51%), Saturated Fat: 15.78g (98.6%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.1g (0.76%), Sugar: 0.6g (0.66%), Cholesterol: 177.99mg (59.33%), Sodium: 768.12mg (33.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.53g (95.05%), Selenium: 65.42µg (93.46%), Vitamin B3: 14.61mg (73.06%), Vitamin B1: 1.05mg (69.93%), Vitamin B6: 1.38mg (68.88%), Phosphorus: 491.54mg (49.15%), Zinc: 6.64mg (44.26%), Vitamin K: 42.93µg (40.89%), Vitamin B2: 0.64mg (37.47%), Vitamin B12: 2.24µg (37.27%), Potassium: 799.41mg (22.84%), Iron: 3.27mg (18.18%), Vitamin B5: 1.75mg (17.49%), Magnesium: 53.52mg (13.38%), Copper: 0.22mg (11.13%), Calcium: 96.84mg (9.68%), Vitamin D: 1.27µg (8.46%), Vitamin C: 6.08mg (7.37%), Manganese: 0.1mg (5.21%), Folate: 20.54µg (5.13%), Vitamin E: 0.73mg (4.85%), Vitamin A: 233.69IU (4.67%), Fiber: 0.32g (1.27%)