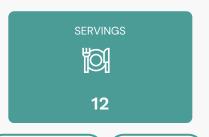
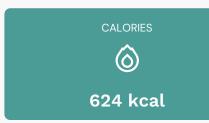


Sunday Ragù

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

| 1.5 pound pork shoulder boneless cut into 2-inch pieces |
|---|
| O.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 | | |
| <u>-</u> 4 | uipment | |
| Ш | frying pan | |
| Ш | paper towels | |
| | pot | |
| | blender | |
| | plastic wrap | |
| | rolling pin | |
| | slotted spoon | |
| | tongs | |
| | meat tenderizer | |
| D : | . • | |
| DII | rections | |
| | 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 braciole. | |
| | 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 braciole 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 braciole. | |
| | 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 polpette 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, Isorhamnetin: 0.63mg, Isorh

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: Og (100%), Alcohol %: O% (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%)