



Recipes

It's the kind of meal that can help you make use of those interesting seasonal vegetables that don't seem to fit into other dishes.

WHAT YOU'LL NEED

3 cloves of fresh garlic, minced
A generous handful of fresh parsley, minced (about 12 fresh sprigs)
A few leaves of fresh rosemary, minced (or ½ tsp dried)
3 pork chops, cubed
6 chicken drumsticks, slit lengthwise
1 tsp of salt, or to taste
1 tsp pepper
1-2 tbsp of seasoned salt
1 tsp of paprika
1 tsp of crushed red cayenne pepper (optional; will add spice)
½ cup of extra virgin olive oil + 1 tbsp to sauté the peppers
3 medium-sized vine ripened tomatoes, cut into small chunks
1 large red bell pepper, chopped
1 large green bell pepper, chopped
2 ½ tbsp of tomato paste

WHAT YOU'LL DO

In a large bowl, combine the pork, chicken, garlic, parsley and rosemary, salt, pepper, seasoned salt, paprika, and optionally, crushed red pepper.

In a large, flat sauté pan with a lid, add the extra virgin olive oil and heat on medium. Once the oil is warm, add all the ingredients from the large bowl to the sauté pan and cover, stirring every two minutes or so and flipping the meat in order to cook it evenly and prevent it from burning.

In a smaller frying pan, sauté the peppers in one tablespoon of olive oil on medium heat. Cook until “al dente” (i.e., hot throughout but still firm), and set aside.

Once the meat is cooked throughout, add the tomatoes and tomato paste to the large sauté pan and stir thoroughly. Add the peppers to the large sauté pan.

Let cook for another 2 minutes, then reduce to lowest heat until ready to serve.

Try adding or substituting beef (any cheap cut will do) or Italian sausage for a different flavor.

Leftovers (if there are any) are great the next day; serve over pasta with fresh bread.



Spezzatino, which roughly means “broken into little pieces,” is a typical Italian meal – though it’s not often found in restaurants. It’s a type of stew or sauté of all the wonderful ingredients found in Italian gardens, along with the cheaper cuts of meat that, while not in vogue these days, often make for much more flavorful meals in the hands of skilled cooks. Bone-in cuts, like bone-in chicken breast or in this case, chicken drumsticks, are often available for much less and they

taste much better in a spezzatino than the deboned selections most people buy. Mixing meats is also highly encouraged; this recipe uses chicken and pork, but beef, Italian sausage, and even certain game meats are also used quite often.

Spezzatino is delicious, healthy and highly improvisational. Feel free to try other vegetables, herbs and even a bit of your favorite red wine; that kind of experimentation is highly encouraged, and even necessary as different ingredients go in and

out of season. It’s the kind of meal that can help you make use of those interesting seasonal vegetables that don’t seem to fit into other dishes.

And be sure to save some leftovers for tomorrow’s lunch – spezzatino tastes even better the next day.

(Special thanks to my Zia Felicia, who taught me this recipe after my grandmother passed away, and to my mom, who did all the testing and wrote it out for me.)