
RECIPE OF THE WEEK

Peposo

Peposo, so named after the characteristic flavour of pepper, is probably the nearest thing you will get to a curry in Tuscany or North of Calabria and Basilicata. Legend has it that *peposo* was made by the brick workers of Impruneta just outside of



Firenza who would pop a knuckle of pork or a muscle of tough Chianina beef (*the big horned cows of Tuscany once used as oxen since the Tuscans are the Yorkshiremen of Italy*) in a terracotta pot the corner of the kiln to simmer in red wine without boiling.

1 large onion, chopped
1 carrot, chopped
1 stalk celery, chopped
3 cloves of sliced garlic

2 whole sprigs of mixed herbs from whatever is available (e.g. sage, bay leaf, thyme, a little rosemary)
2 tablespoons of pepper (half ground, half just cracked),
1 or 2 front shins of pork, chopped
1kg beef (chaps, shin or other cheap muscular cuts)
Chianti or young wine to cover
stale Tuscan homemade bread (at least the day before's or preferably well stale)
a teaspoon of tomato purée to colour

Place all the ingredients except the bay leaf, garlic, sliced and pepper, in a large casserole and cover with wine. Ideally, marinade the meat for a couple of hours.

Bring slowly to near the boil (88°C) on the hob, then place in the bottom oven or slo-cooker to slow cook. Check periodically and replenish with wine as required. This is a soupy dish, but the “*sugo*” as they say in Firenze, must be quite thick.

When the meat is tender and almost melting, add the bay leaves to sweeten, a splash of tomato purée to colour, the remaining garlic and pepper and continue cooking until the pepper has lost the upper hand. At this point you can rest the casserole and serve in bowls over stale Tuscan dried at least the day before. Good wit roasted polenta and cannellini al forno. Serves 6.

To download this recipe go to www.squisito-deli.co.uk
