

# LYN D'S RECIPE OF THE MONTH

## SPEZZATINI CON FUNGHI

An Italian 'stew' that will warm you up and make the winter blues vanish! In fact it is so good that you'll almost be pleased winter is here! Make it with love and a good bottle of red wine, light the fire and the cold evening will be forgotten!

Preparation: 20 minutes Cooking Time: approx. 2 hours Serves: 4 - 6

### INGREDIENTS

- 3-4 tablespoons olive oil
- 1 kilo of braising or stewing steak cut into chunks
- 1 heaped tablespoon tomato puree
- Salt and pepper
- At least 1 bottle of good quality Italian red wine (Barbera is excellent)
- 350 ml. fresh tomato sauce or tinned tomatoes
- Fresh sage and parsley chopped (or use October's SMICCA)
- 2-3 garlic cloves
- 50g. fat from Parma ham, diced (or pancetta)
- 350g. wild or chestnut mushrooms roughly chopped
- Chopped fresh sage and parsley to garnish
- Optional: 250g. peeled chestnuts

### METHOD

1. Heat olive oil in a pan. Add the meat in batches to seal and brown, then salt, pepper and tomato purée.
2. Cover the meat with red wine and boil on maximum heat until the meat is almost dry.
3. Add more red wine and boil again until almost dry.
4. Repeat three or four times in total. The meat will take on a strong, rich wine flavour (and your kitchen will smell divine!) but it won't be cooked yet.
5. Re-cover the meat with more wine, add the tomato sauce, sage, parsley and garlic (or 1 tablespoon of SMICCA). Put the lid on and simmer or in the oven at 160°C for approximately one and a half hours or until the meat is tender.
6. Sauté the ham fat to render it down, add the peeled chestnuts if using and soften them gently (let them break up a little). Then add the chopped mushrooms and sauté them briskly for a couple of minutes.
7. Add them to the meat with the chopped fresh sage and parsley. Stir well and serve with creamy mash or Italian polenta! Buon Appetito



For those who love good olive oil, SAN LORENZO from Imperia, Italy will send it to you. They also have a fantastic range of Italian food including wild boar sausages and salami. Wines include Barbera, Nebbiolo d'Alba, and my very favourite white wine, Arneis Roero. Watch out for next month's competition because we are offering a prize of an Xmas hamper from San Lorenzo! Log onto [www.san-lorenzo.com](http://www.san-lorenzo.com) to read about the company's history and their range of products.



If I can help with any of my recipes or any other cooking problem, please contact me at [lynd@f2s.com](mailto:lynd@f2s.com)