

AROMATIC MEAT STEW WITH RED WINE, CLOVES AND JUNIPER BERRIES

Bollito di carne

SERVES 8

140ml olive oil
 4 duck legs, about 800g in total, skinned, trimmed and cut into drumsticks and thighs
 800g pork spare ribs, cut into 2-rib sections
 1kg bone-in chicken thighs, skinned and trimmed
 1 large red onion, peeled and roughly chopped
 1 celery stick, roughly chopped
 1 carrot, peeled and roughly chopped
 2 cloves
 8 juniper berries
 300ml full-bodied red wine
 3 tablespoons chopped fresh flat-leaf parsley
 1 litre hot vegetable stock
 2 tablespoons tomato purée
 Salt and freshly ground black pepper

Bollito di carne is a classic northern Italian dish, typically from Piedmont. Hearty, rich and satisfying, it always includes several different types of meat – the kinds used vary depending on availability and the preference of the cook. For this recipe I decided to use duck, pork and chicken, as recommended to me by a butcher in one of the markets I visited when filming in Piedmont. Serve with plenty of toasted sliced ciabatta rubbed with fresh garlic on both sides.

1. Heat half the oil in a large flameproof casserole over a medium to high heat. When very hot, fry the duck, pork and chicken in batches until well browned on all sides. Remove the meat with a slotted spoon and transfer to a large bowl. Set aside.
2. Pour in the remaining oil and reduce the heat to medium. Add the onion, celery, carrot, cloves and juniper berries and fry for about 5–10 minutes, stirring occasionally.
3. Increase the heat, pour in the wine and add the parsley. Bring to the boil and let it bubble for 1–2 minutes. Add the stock and tomato purée and bring to the boil.
4. Return the meat to the pan with any juices. Season with salt and pepper. Bring to the boil then reduce the heat, cover and simmer gently for 1–1½ hours or until the meat is tender, stirring occasionally, .

