



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



In many Italian American households, Sunday was a day dedicated to family and a large, leisurely meal. In my house, Sunday dinner would always include macaroni with “Sunday Sauce” on top. Traditional Sunday Sauce was cooked for hours and always included beef

braciola, sausage, pork ribs, and meatballs.

Among Italian Americans in New York, a generational debate exists about whether to refer to it as “sauce” or “gravy.” Most of the Italian Americans I know have strong opinions about what it’s called.

In my family, it was sauce! “Gravy is for turkey,” my grandmother would say. No matter what you call it—sauce or gravy—the smell of Sunday Sauce through the house is heavenly, and it means it was a family day.

PREP TIME: 15 MINUTES COOK TIME: 4 HOURS

INGREDIENTS

- One large onion (diced)
- Four cloves of garlic (minced)
- One 28-oz can of crushed tomatoes
- One 28-oz can of plum tomatoes
- 1 lb. of pork loin/spareribs or chops (on the bone)
- 2 homemade beef braciola (see part 1 of this recipe)
- 1 lb. of Italian sausage links (sweet or hot)
- 8 homemade meatballs (see part 2 of this recipe)
- 1 tablespoon of dried parsley
- 5 fresh basil leaves (torn)
- 3 tablespoons of extra virgin olive oil
- Salt and pepper to taste

Sunday Sauce

(SUNDAY SAUCE PT 3)



INSTRUCTIONS

1. In a large saucepan over high heat, add the oil and onions and let them cook for about 3 minutes. Add the pork, sausage, and braciola and cook until they are brown on all sides. You want to keep the strings on the braciola until they are fully cooked.
2. Add the minced garlic and stir until thoroughly combined. Cook for another minute.
3. Add the crushed tomatoes to the pot. In a bowl, add the plum tomatoes and crush them by hand or with a blender. Add them to the pot as well.
4. Add the parsley, basil, salt, and pepper, and stir until everything is well combined.
5. Let the sauce boil, then immediately adjust the heat to low and simmer for about 3 hours, stirring occasionally.
6. At the three-hour mark, add the meatballs to the sauce, stir, and continue to simmer for another hour. At this point, you can adjust the spices as needed.
7. At the end of the four hours, your sauce should have a dark, almost burgundy color to it and should smell great. Remove the pot from the flame and let it sit for about 15 minutes. Remove all the pork, sausage, and meatballs and place them in a serving bowl. Be careful not to burn yourself; it will be hot. Also, remove the braciola; however, you need to cut the strings on them before serving. I also cut them in half for better portions.

Next, you will need to cook some of your favorite pasta to put your Sunday Sauce on. You will also need some pecorino romano cheese to sprinkle on top.



Look for more recipes in the next edition of the SIAMO QUI