

# MEAT SAUCE

## Ingredients

<i>1 kg of calf stew</i>	<i>1500</i>
<i>2 liters of sieve tomato pulp</i>	
<i>1 spoons of concentrated tomato</i>	<i>140</i>
<i>2 medium onions</i>	<i>15</i>
<i>6 pock chop</i>	<i>300</i>
<i>200 grams of olive oil</i>	<i>1800</i>
<i>¼ glass of red wine (Gragnano)</i>	<i>200</i>
<i>basil and pepper as you prefer</i>	
<i>total calories (about)</i>	<i>4000</i>

## Preparation

The sauce is not the ca' pummarola meat, like Eduardo's poetry says. It is not easy to make and moreover it requires a long baking to be as tasty as the one King Filippo's mother was used to make. The meat sauce, as Eduardo says, was used to be cooked on a fornacella with coal and it had to cook at least six hours!

The pot in which it is better to cook it is a wide and low pan, and to stir it we need a wooden spoon.

The Neapolitan sauce is the typical Sunday plate and it is the base for other tasty meals, for example the typical lasagna that in Naples is made during Carnival time.

*I think this is a very good recipe, the Neapolitan sauce, proposed by Angie Cafiero. I am going to propose it to you as Angie does on her culinary websites!*

"It is advisable to prepare it the day before, putting the meat in the sauce pan, with the onion and the olive oil. Meat and onion will have to cook together: the first one has to make its dark crust; the second one will have to wither without burning.

In order to obtain this result, you have to stay next to the stove and check on your "creature", Ready to stir with the wooden spoon, and sprinkle with wine, as soon as the sauce dries: the onions will have to be consumed, until nearly vanishing. When the meat reached a golden color, you have to melt the conserved tomato in the pan and add at last the sieve tomato pulp.

Add salt if you need and cook it at low flame, the sauce has to, as people in Naples say, pippiare, (onomatopoeic word that well describes the sound of the sauce) that means it has to scarcely boil, then you have to cover the pan with a lid, without totally closing it. The sauce will have to cook at least three hours, every once in a while stir it paying attention that it does not attach to the bottom."

*I have personally tried it and I really loved it. I suggest you to try it more than once. It will not be perfect the first time!*