

Parpadelle with Rabbit Ragu

Serves 4 - 6

1/4 cup extra-virgin olive oil

2 rabbits cut into quarters

Kosher salt and freshly ground black pepper, to taste

1 sweet yellow onion cut into 1/4 inch dice

1 teaspoon hot chili flakes (or to taste)

2 cups dry red wine

1 cup tomato sauce

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1/2 cardoon stalk, peeled of tough outer skin, blanched in boiling water until tender, and cut into 1/4-inch strips

2 red plus 2 yellow bell peppers, cut into 1/2-inch dice

1 pound parpadelle noodles

Pecorino Romano cheese, for grating

In a large, heavy-bottomed pot, heat the olive oil over high heat until smoking. Season the rabbit pieces with salt and pepper and add to the pan, working in batches if necessary to avoid overcrowding the pan. Sear the meat on all sides to a dark golden brown. Once the meat is well browned, remove to a plate to cool. (Once cooled remove meat from bone and set aside) Add onions and chili flakes to the pot and cook until softened, about 8 minutes, scraping the bottom of the pan to loosen any browned bits. Add the red wine and basic tomato sauce to the pan, Bring to a boil, add browned meat into pan and cook over very low heat, covered, for 1 hour or until the meat is very tender.

Remove the meat from the pan and, when it is cool enough to handle, break it apart with a fork. Return it to the pan, add the cardoon, bell peppers, and olives, and simmer for an additional 30 minutes. The mixture should be a thick ragu. Season with salt and pepper to taste. Transfer the ragu to a 12-inch sauté pan and keep hot.

Bring 6 quarts of water to a rolling boil and add 2 tablespoons salt. Cook the pasta in the boiling water according to the package directions until tender but al dente. Drain the pasta, add it to the pan with the ragu, and toss over high heat for 1 minute to coat. Divide evenly among 4 warmed dinner plates, top with grated pecorino, and serve immediately.

BUON APPETITO
