

Cinghiale rosso

The «red wild boar»



Ingredients for 4 people

- 500 g boneless meat, in cubes in
2 tbsp olive oil brown all over, then set the meat aside.
- 2 onions
250 g carrots
100 g celery sticks
250 g tomatoes, diced, or pelati
1 clove of garlic trim the vegetables, process or chop them very finely together,
and together with
1 apple peeled and cut into wedges, and
1 tsp thyme fry gently in the meat pan for about 10 minutes.
Put the meat back with the vegetables in the pan,
0.5 tbsp flour dust with,
turn the heat up,
1 tsp vegetable concentrate and
2 dl good red wine add. Round it off with
1 pinch of cinnamon
1 bay leaf
1 tbsp orange marmalade
Salt, pepper, peperoncino Cover everything and braise for at least 2 hours, stirring now and then; add a little water
if needed.
If you have no orange marmalade to hand, take a little orange juice
and zest and a pinch of sugar.
- The vegetarian version** you braise the sauce and serve it with polenta or mashed potatoes.
- The fish version** you make the sauce. When it has finished braising (about 30 minutes), fry the fish
separately and swirl the sauce briefly in the fish pan to loosen the juices.
Replace the bay leaf with fennel seeds if you like.

VERONICA'S TIP

When I read this recipe I had no wild boar to hand. But pieces of rabbit on the bone (45 minutes cooking time) – it was splendid. It is certainly just as good with beef or pork.