
Sunday Sauce with Sausage, Meatballs & Pork Chops

Description

A homey meat and pasta dish with a rich and hearty sauce.

Total time: 4 hrs Yield: 6 Servings

Ingredients

5 Tbsp extra virgin olive oil
salt
4 bone-in pork chops
3 large yellow onions (¼" diced)
1 carrot (¼" diced)
13 clove garlic (minced)
1/2 bottle red wine
1/4 tsp red pepper flakes
2 bay leaves
3 sprigs fresh thyme (¼ teaspoon dried thyme may be substituted)
3 sprigs fresh oregano (¼ teaspoon dried oregano may be substituted)
3 can whole tomatoes (28 oz.; crushed by hand)
6 slices white bread (torn into pieces)
1 cup whole milk
2 lb ground beef (90% lean)
1/4 cup flat leaf Italian parsley (chopped)
1/4 cup Pecorino or Parmigiano cheese (grated)
1/4 cup pine nuts (chopped; macadamia nuts can be substituted)
fresh ground black pepper
4 large eggs
2 lb Italian sausage
3 lb Penne pasta

Prep Time: 4 hrs Total Time: 4 hrs

Instructions

In a large heavy pot, over medium high heat, add 3 tablespoons olive oil. When the oil begins to simmer, season pork chops to taste with salt and brown well on both sides. Remove the pork chops and add 2 diced onions, the carrot and a pinch of salt and sauté for a 1 to 2 minutes. Add 10 cloves of the garlic, making sure not to burn it. When onions are translucent, add the wine and lower heat, letting simmer until red wine is reduced by half. Add the browned pork chops, red pepper flakes, bay leaves, thyme, oregano, 2 tablespoons salt and the tomatoes. Simmer low & slow while you prepare meatballs.

Preheat oven to 325° F. Soak the torn bread pieces in milk and set aside. Heat a sauté pan over medium heat and add 2 tablespoons olive oil. When the oil begins to simmer add the remaining diced onion and a pinch of salt, then sauté until translucent. Place the soaked bread pieces, sautéed onions, ground beef, 3 cloves of garlic, parsley, cheese, nuts, 1½ teaspoon salt, ½ teaspoon pepper, and eggs into a large bowl and mix well. Form into tennis ball sized balls and place evenly onto a rimmed cookie sheet. Bake for 20 to 25 minutes until firm.

When the sauce has been simmering for about 2 hours, add in the meatballs & Italian sausage and let simmer another 45 to 60 minutes. Taste & adjust seasoning as desired. Cook the pasta according to directions and then toss with enough sauce to cover. Spoon pork chop, sausage & meatballs over the pasta. Serve with a fresh salad, crusty bread and grated cheese.

Recipe brought to you by:

Chef Mark Noguchi

Source:

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