

Morzeddu

(by Unione Regionale Cuochi Calabria)

Serves 6 to 8

Ingredients

◆ 1 1/2 pounds veal tripe ◆ 1 1/4 pounds combination of veal lungs, heart, spleen or stomach ◆ 1 onion, cut into chunks ◆ 2 dried hot chilies, plus more for seasoning ◆ 2 fresh bay leaves ◆ 3 sprigs fresh oregano, plus more for seasoning at the end ◆ 3 sprigs fresh basil ◆ 1/4 cup extra virgin olive oil ◆ 1 1/2 cups tomato puree ◆ Kosher salt and freshly ground black pepper to taste ◆ Bread, for serving

Procedure

1. Wash the entrails well in cold running water. Add to a large pot with salted water to cover. Add the onion. Tie the chilies, bay leaves, oregano and basil in a sachet in cheesecloth and add to the pot. Bring to a simmer and cook until almost tender, about 30 minutes.
2. Drain and cut into small pieces.
3. Let the cooking liquid cool until the fat rises to the top and reserve. Boil the entrail again in fresh water until tender, 30 to 45 minutes more. Drain.
4. Scoop the cooled fat from the cooking liquid into a pot over medium heat. Add the olive oil. Add the tomato puree and entrails. Add water to cover, if needed.
5. Cook until entrails are very tender. Season with salt, chili and oregano.
6. U morzeddu" or "mixed stew" is eaten without knife and fork, it is used to fill a "pitta", i.e. a sweet type of ring shaped bread or "focaccia" without crust, soft and fine, which in ancient times was baked in the oven together with the bread and then given to the neighbours as a sign of friendship. {This inviting and tasteful dish is usually accompanied by a good wine as the Malvasia of Catanzaro (about 16 degrees), a sweet wine that lessens the energy of the chilli pepper and exalts the taste of the other ingredients, or by other local wines produced on the Catanzarese hill slopes as for example the Savuto.

Source:"Il viaggio di Lidia Bastianich in Calabria"

Food and wine itinerary