

A TRADITIONAL ABRUZZO RECIPE

The **Chitarra Teramana con Pallottine** is a first-course meal of the Abruzzese culinary tradition, originally from the Teramo province. Chitarra might sound familiar to you, and it's actually what you think, a guitar! But for us **Abruzzesi** (from Abruzzo), the chitarra (guitar) is also a tool with strings, which we use to cut hand-made thin spaghetti with a distinctive square shape.

What makes it unique, isn't just the guitar, but also called 'Maccharunare' in the local dialect = the accompanying sauce. A tomatoes sauce, prepared with "**Pallottine**" (very-very tiny meatballs), which enhance the taste of the final meal.



This dish requires some time, but it is worth preparing it and enjoying it with your loved ones.

- ▶ **Difficulty:** Intermediate
- ▶ **Preparation :** 2.5 hours
- ▶ **Cooking :** 4h+
- ▶ **Serves** 4 people

INGREDIENTS

▶ For the *Pallottine a.k.a meatballs*:

- 150gr minced beef (minced twice);
- 1/2 tsp of ground nutmeg;
- 1.2 tsp of ground pepper;
- 1 tbsp of parmiggiano cheese;
- 1 egg yolk;
- a pinch of salt.

▶ For the Pasta dough:

- 4 medium organic eggs (about 70 gr each)+ possibly 1 duck egg;
- 400 gr flour (type '00' or white strong).



For the tomato sauce:

- 150 gr of beef cubes;
- 150 gr of pork ribs;
- 100 gr of any bones (with little meat);
- 1.5 kg of homemade tomatoes conserve
(soon will post a video) /or tin tomatoes /or fresh tomatoes;
- 1 carrot;
- 1 celery stick;
- some salt & pepper;
- 1 medium onion;
- EVO oil;
- water to cover the meat.

Preparation

- ▶ In a medium saucepan: add the meat, celery, carrots, onions, some EVO oil, and cover with water. Once all the water has evaporated, stir fry it the content on the same pan for 2 minutes. Then add the tomato sauce and bring it to simmer. Stir it every 15/20 min. After 2 hours, take out the meat & bones and with an immersion blender (a manual one is better) blend all the vegetables and keep cooking on a simmer for at least 1.3 hours.



On a wooden surface/board, add all the flour (keep always some on hand) and make a “fontana” (fountain), a hole in the middle. Add and mix the eggs, and slowly with the fork incorporate the flour. When it becomes hard to mix with the fork, start with your hands. Knead the dough with power & love until it is smooth. Cover the dough with a kitchen bowl/pot or wrap in kitchen film and let it rest for 30 min. This will allow better extending the dough later.



- ▶ In the meantime you can start making the “Pallottine”: put the minced meat, egg, grated parmesan, nutmeg, pepper, and salt in a large bowl. Mix them well and on your palm shape small balls, about 0.5 cm diameter. In a small saucepan, heat the EVO oil and stir fry the “Pallottine” and set it on the side.
- ▶ After the water of the meat evaporates, add a little tomato sauce, cook for a few minutes, and keep it on the side



Now, go back to the dough and knead for 2 minutes and roll the dough until about 2,5 mm thin (height of a penny). Cut the thin dough about the size of the “Chitarra”. Place it on the chitarra, add evenly some flour and start rolling from the bottom, by pressing down the dough and slowly going up.

Once the dough is down, drag the rolling pin up & down with fast movements. With your music talent within you, play the strings with your fingertips until all the spaghetti is down.



Once all the squared spaghetti is made, it's time to cook them. In a small saucepan, re-heat the Pallottine (meatballs) with some tomato sauce. Bring a pot of water to boil, add the salt, the chitarra, and wait until after re-boiling the pasta floats. At this point is ready to be drained, and in a large bowl, add the tomatoes sauce, parmesan, stir it and add more parmesan :D. Serve on the plate, and add the pallottine on top + some more parmesan or pecorino cheese.
Buon Appetito (Enjoy your meal)!

