



Ron Manas' Farinata

This recipe is from Ron's Nonna Riccomini, Lucca

Ingredients:

$\frac{3}{4}$ cup salt pork, cut into $\frac{1}{2}$ " dice
2 tablespoons olive oil
1 large carrot, diced
2 stalks celery, diced
1 medium onion, diced
2 cloves garlic, minced
8 cups chicken stock, canned, boxed or homemade
1 tablespoon Italian spices
3 cups Savoy cabbage (curly leaf), chopped into $\frac{1}{2}$ " x 1" ribbons (no large veins)
1 can cannellini or pinto beans, drained and rinsed
Salt/pepper
2 cups polenta

Makes 4 servings

1. Sauté salt pork in the olive oil until golden brown.
2. Add carrot, celery, onion, and garlic and sauté till soft (not brown).
3. Add low sodium chicken stock and let it come to slow boil.
4. Add dried Italian seasoning, cabbage and beans
5. Bring all to a slow boil and cook for about 45 minutes
6. Add the polenta
7. Add more stock or water to bring the mixture back to 8 cups. The consistency should be like cream of wheat. If too thick, add water; if too thin, add a bit more polenta.
8. Add salt and pepper to taste. (Salt pork is salty so use additional salt sparingly.)
9. Spoon into a dish. Drizzle with olive oil and some grated Romano cheese.

This is also good the second day when reheated. A salad plus crusty bread is all you need--along with a good glass of vino. Extra good when the weather is cold outside.