

# *Pasta with Sunday Gravy* (an extra hearty meat sauce)

They call this sauce “Sunday Gravy” or Sugo di Domenica. The story is that in Naples, where some this sauce originates, that Nona uses the week’s leftover meats to make this sauce (sugo) which she typically cooks all day. Others say it’s roots lay with the Italian-American immigrants, pointing out that the impoverished southern Italians had little meat to cook with. It is a traditional dish in Napoli today, probably brought back by those who came home to visit. All I know is it’s amazing!

8-10 servings

1/2 cup olive oil  
1 pound Italian sausage (in casing)  
--sweet or hot  
1 pound pork country ribs or  
boneless spareribs  
1 pound beef stew meat (or lamb)  
1 batch of meatballs--optional  
(homemade or store bought)  
1 large onion—chopped  
3-5 cloves fresh garlic—minced  
1/3 cup red wine  
2 - 28 oz. cans Crushed Tomatoes  
2 tablespoon tomato paste  
1 tablespoon dried oregano (or 2  
tablespoon fresh) or Italian herb blend  
3 tablespoons fresh Italian parsley—  
chopped and divided  
1 teaspoon salt (preferably sea salt)  
1 teaspoon sugar (or more to your taste)  
drizzle extra virgin olive oil  
1-1/2 to 2 pounds of pasta  
(I like rigatone or tagliatelle)  
grated cheese such as Parmigiano-  
Reggiano or Pecorino Romano

1. Put on some Italian music and pour a glass of wine.
2. Mise en Place—Cut up meats in bite size pieces. Prepare onions and garlic. Measure out salt, sugar, wine and herbs. Open tomatoes.
3. In a large heavy bottomed pot or Dutch oven heat a couple of tablespoons of olive oil over medium to medium-high heat. Brown all meat (except meatballs) in three or more batches (adding additional oil as needed). Do not crowd the pan. Brown meat on all sides. Each batch should take 5-6 minutes. As each batch is browned removed to a platter with paper towels.
4. Add more olive oil to the pan drippings. Add onion. Stir and sauté until translucent. Add garlic and sauté for one additional minute.
5. Add wine to deglaze. Scrape and stir for 1-2 minutes until wine partially evaporates.
6. Add crushed tomatoes, tomato paste, oregano, half of the parsley, salt, and sugar. Return all meat to pot. Reduce heat to a slow simmer. Drizzle with extra virgin olive oil and stir in.
7. Cover and allow sauce to cook for a minimum of one hour, or up to five hours.
8. Heat water for pasta; 4 quarts water with 2 teaspoons of salt in a large pot. Bring to a boil.
9. Cook 1-1/2 pounds of your favorite pasta until al dente.
10. Drain pasta. Do not rinse. Toss with sauce and serve with freshly grated cheese. I recommend Parmigiano-Reggiano or a good quality Pecorino Romano. Garnish with remaining parsley.



### Frankie's Tips:

- ◆ This recipe is very flexible. Remember, Nona basically used whatever leftovers she had. Buy whatever meats you like or what you can find on sale. Meatballs are a common addition. Feel free to substitute Chicken Italian Sausage for pork sausage. I like it equally as well and of course it is leaner--which will help you stay leaner.
- ◆ Once again, let me say that using high quality canned tomatoes is a must. See page 15 of my cook book for recommendations.



### Suggested Wine: *Aglianico*

A sauce from Napoli begs for a good, full-bodied red wine from it's region of Campania. Aglianico is the least known of the three noble grape varieties grown in Italy and is indigenous to this area. It makes a bold, structured red which stands up beautifully to all this meat.

**Frankie's recommendation:** *Terredora Aglianico*