

Bollito Misto

This is an epic **Italian**¹ dish.

The significance of prime numbers in cuisine could be a research project.

This meal (in traditional form) requires seven meats, seven vegetables, and seven condiments.

To serve 10.

Ingredients

<i>The Meats</i>	
1	medium onion
1	carrot
1,000 gm	stewing beef (brisket)
1,000 gm	veal (neck or breast suggested)
500 gm	pork (lean)
500 gm	lamb shoulder
2	chicken breasts
500 gm	tongue
6	chorizo

<i>The Vegetables</i>	
500 gm	carrots
500 gm	small onions
ribs	celery
500 gm	swede
3 medium	parsnips
500 gm	potatoes
2 medium	courgettes

The Condi-ments

Salsa Rosso: Tomato Sauce ²
Salsa verde: Green Sauce ³
Poor Man's Onion Sauce ⁴
Honey Sauce ⁵
Mayonnaise
Sweet & Sour Sauce ⁶
Harissa ⁷

Method

Preparation

Wash the meats and trim off any unwanted bits.

Peel and prepare the onion and carrot as necessary.

Cooking

In a large heavy pan heat to the boil about a litre of water, enough to cover the meats.

Add the flavouring onion and carrot and a little salt to the water. Add the beef, the veal and the pork.

¹<http://www.fairtradecookbook.org.uk/countries/italy.htm>

²http://www.fairtradecookbook.org.uk/recipes/tomato_sauce.htm

³http://www.fairtradecookbook.org.uk/recipes/salsa_verde.htm

⁴http://www.fairtradecookbook.org.uk/recipes/poor_man's_sauce.htm

⁵http://www.fairtradecookbook.org.uk/recipes/honey_sauce.htm

⁶http://www.fairtradecookbook.org.uk/recipes/sweet_sour_sauce.htm

⁷<http://www.fairtradecookbook.org.uk/recipes/harissa.htm>

Skim any scum that forms and cover and reduce to a simmer.

Simmer for about 1 hour.

Then add the veal and the chicken.

Simmer for about 1 hour further and then test the meats which should be "fork tender". In a second pot boil some salted water and simmer the tongue starting at the time the chicken goes in the main pot.

In the meantime cook the vegetables separately, using steaming as well as boiling, to preserve the separate flavours.

To serve

Arrange the meats on a serving platter and carve at the table.

Vegetables and sauces are then taken by the guests.

Variation

This recipe is already an anglicised variation on the Italian original.

Vary the meats according to what you can get.

Vary the vegetables according to what is available at the market.

Vary the sauces but try to keep a balance of bland and spicy, sweet and sour.

Ask your guests for comments and suggestions.