



7X7=49

By Davide Di Fabio

RECOVERED INGREDIENTS:



INGREDIENTS

- 7 types of dried legumes
- 7 types of in-season vegetables
- 7 types of winter vegetables
- 7 types of seasonings
- 7 different shapes of pasta
- 7 types of cereals
- 7 different cuts of meat

NOTES

Do not be intimidated by the number 7, this recipe can be made with any number of ingredients. The challenge launched by Davide is, instead, “what are you waiting for?”

DIRECTIONS

Cut the onion, garlic, celery and carrots, and brown them in a pan with a little oil. After a few minutes, add the pork trimmings or any other meat leftover you have. Add water to the pan and bring it to boil, cook over low heat for at least 2/3 hours.

When the broth is ready, remove all the pieces of meat from the pot and set them aside. Gently scoops the grey layer out from the top of the broth with a fine mesh sieve. Then add, according to cooking time, legumes, cereals, vegetables and let them cook for at least half an hour.

When all the ingredients are cooked and just before serving, add the different shapes of pasta, letting them cook directly in the soup.

The traditional recipe wants the soup to cook for a total of at least 4 hours, depending on the ingredients used.