Pomì
O Così. O Pomì.

Pork and Cabbage Involtini



Preparation time: 90 min
Difficulty: Easy

Ingredients

- Egg: 1
- Egg yolk: 1
- Extra virgin olive oil: 2 tbsp.
- Freshly grated Parmesan cheese: 1/2 cup
- Garlic cloves, chopped fine: 3
- Ground pork: 700 gr
- Homemade breadcrumbs: 2 tablespoons
- Kosher salt and fresh black ground pepper: a pinch
- Kosher salt and pepper: to taste
- Olive oil: 3 tablespoons
- Parsley, chopped fine: 1 handful
- Red onion, chopped: 1/2
- Savoy cabbage: 1 head
- Shallots, chopped fine: 2

Preparation

Bring a large pot of salted water to a boil.
Choose the best leaves (a dozen) from your Savoy Cabbage, separate them, rinse them well, and add them, in batches, to the boiling water for 2 minutes. Remove from the water quickly, rinse with cold water, and gently pat dry them.

In a large bowl mix together pork, eggs, shallots, breadcrumbs, Parmesan, and parsley.
Season with salt and pepper and set aside.

Lay a leaf of cabbage on a cutting board, trim the thick end of the stem, and place in its center 2 generous tablespoon of the meat mixture, then roll the leaf up, tucking in the sides, and tie twice with butcher's twine. Imagine you are making mini meat loaves, size should be about 3 inches long and 1 inch thick.

In a large non-stick pan on a medium-high flame, sauté the onion in the olive oil, then add the garlic and cook for two more minutes.

Add the **Pomì Tomato Sauce**, stir well and lower the flame to a medium-low.
Season the sauce with salt and pepper and cook for about 15 minutes. Lay the involtini into the sauce, gently and evenly distributed, making sure they all have some room around for air to circulate.

Cook partially covered for about 40 minutes, stirring gently from time to time, and flipping the meat a few times.

Serve garnished with finely chopped Parsley with a side of your choice... and some pan roasted potatoes!

Buon Appetito.

For this recipe we used:

Strained Tomatoes 500 gr

