

# Ribollita

**Ribollita means 'reboiled' in Italian. It is the name of a hearty soup that could really be considered a peasant-style casserole of sorts as it's based on leftovers with lots of flavour. Usually containing cabbage and beans, this soup is filling and cheap to knock together.**

It can be made in large quantities and is easy to heat in the following days. It's ideal for this time of the year as the weather gets cooler.

I thought of this recipe as I was having a clear out in my freezer and found some odds and sods of lost-label meat packages. I have tried to make it as economical as possible as vegetables have been in short supply and prices have risen, although we should see some spring vegetables coming onto the market soon.

This soup is perfect to reheat and eat, as I did one day recently for lunch on the tops. Yes, I agree, it is a little heavier to carry in my pack in the vacuum packed portion lots I made than two minute noodles but after a day's walk in a hard, cold frost when the temperature was in single digits, this brew hit the mark.

The traditional recipe is mainly vegetable-based and doesn't contain meat but I have added it here for my purposes and it works really well.



## INGREDIENTS

- » Olive oil
- » 1 onion, finely chopped
- » 2 bay leaves
- » 4 cloves garlic, sliced
- » 1 large carrot, peeled and diced
- » 1 stick of celery, sliced
- » ½ leek, trimmed, washed and sliced
- » 1 x 400g tin chopped tomatoes
- » 1 Tb thyme, chopped
- » 1 Tb rosemary leaves, chopped
- » 1L chicken stock
- » 180g pumpkin, diced and peeled
- » Meat of your choice (I added leftover cooked sausage, confit duck and some venison strips. A lot of duck shooters get salami made and this would also work very well)
- » 1 x 400g tin cannellini beans, drained and rinsed (you can use the dried ones and go through the soaking and cooking process if you wish but I used the tinned beans)
- » 100g cabbage, cavolo nero or kale, sliced or shredded with stalky ends removed

## METHOD:

*In a large saucepan, heat the olive oil and sauté the onion, bay leaf and garlic over a medium heat until soft.*

*Add the carrots, celery and leek and sauté for about 3 minutes.*

*Add the tomatoes with their juice, chicken stock, rosemary and thyme, and simmer gently for about ten minutes.*

*Add the diced pumpkin, chopped sausage, duck and/or salami and continue to cook on a gentle simmer for approximately 30 minutes.*

*Add the cabbage and the beans to the soup and simmer for approximately 5 minutes.*

*Add the venison loin or fillet strips – poaching them gently for approximately 3 minutes in the hot soup will make them nice and tender. Taste and adjust the seasoning with salt and pepper.*

*Serve in a large soup bowl with some toasted sourdough bread drizzled with olive oil.*

