



## Costate Di Maiale

*Aunty Maria's 10 Hour Slow Cooked Pork Short Ribs with Steamed Roman Beans & Dry Broad Bean Puree*

by Nino Zoccali

### Ingredients

#### Pork Rib Braise

- 140g brown onions diced
- 1.4kg pork ribs
- 16g crushed garlic
- 120ml white wine
- 4 leaves of fresh sage
- 600ml Neapolitan sauce base
- 50ml extra virgin olive oil
- 600ml meat stock
- 6g fine sea salt
- 18ml fish sauce
- 1g cracked black pepper to taste

#### Broad Bean Puree

- 250g dried broad beans
- 38g carrots diced
- 75g potatoes diced
- 125ml cream
- 15g salted butter
- 5g fine salt
- Pinch of pepper

#### Flat Beans

- 240g Roman flat beans cut into diamonds
- Pinch of salt to taste
- Pinch cracked pepper
- Extra virgin olive oil to taste
- ½ a garlic clove, crushed

#### Other Ingredients

- Baby parsley for garnish
- Extra virgin olive oil (to finish)

### Cooking Pork Ribs

Set your oven on 100°C. Portion pork ribs into six 220g pieces, then cook in a fry pan with 10mls of olive oil until they are a nice golden brown colour. In the same pan, using the remaining olive oil, sauté the onion and garlic until soft and transparent, then add the white wine reducing until almost completely evaporated, continue by pouring in the stock, Neapolitan sauce, fish sauce, salt, pepper and bring to the boil.

Place the caramelised ribs into a deep baking dish and pour the boiling stock over it. The ribs should be completely covered with the liquid, add the sage leaves to finish. Cover the baking tray with aluminium foil and place in the pre-set oven and cook for 10 hours until nice and tender. Remove from oven. Set aside until ready to serve.

### Cooking Broad Bean Puree

The dried broad beans must be soaked in cold water for 24 hours prior to cooking. Drain the broad beans in a colander and rinse them. Then place them in a deep pot with the carrots, potatoes, 5g of salt and cover completely with cold water. Place on the stove top on full heat and cook until the broad beans are completely cooked.

Place the cream butter, pepper and remaining salt in a small pot and heat up until the butter has melted. Strain the cooked broad beans in a colander and then transfer the cooked broad beans mixture in a food blender gradually adding the cream together until you have a smooth puree. Check the seasoning.

### Cooking Flat beans

Steam the flat beans in boiling water until just cooked, but are still a vibrant green colour. Once steamed, place in a small mixing bowl with the olive oil, salt, pepper and crushed garlic. Mix well.

### To Serve

Place the puree on the plate.  
Add a piece of braised pork rib and ladle some sauce over the top.  
Add the steamed Roman beans.  
Finish with olive oil and baby parsley.