

Authentic Soffritto Napoletano (Zuppa Forte)

Cooking Time

- **Prep Time:** 30 minutes (*plus 2 hours soaking*)
 - **Cook Time:** 2–3 hours
 - **Total Time:** ~3–3.5 hours (*plus soaking*)
 - **Servings:** 6
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Ingredients

Main Ingredients

- **4.4 lb (2 kg)** pork offal (**heart, lung, and trachea/windpipe**), cleaned and chopped
 - **10.5 oz (300 g)** mixed pork meat scraps or stew trimmings, roughly chopped
 - **7 oz (200 g)** tomato paste
 - **1.7 oz (50 g)** tomato sauce (*plain canned tomato sauce*)
 - **3.5 oz (100 g)** lard
 - **1/2 cup (120 ml)** dry red wine
 - **1 Tbsp** extra-virgin olive oil
 - **1** hot chili pepper (*or 1–2 tsp crushed red pepper flakes, to taste*)
 - **1** bay leaf
 - **1** sprig fresh rosemary
 - **Kosher salt**, to taste
 - **Water**, as needed for simmering
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Step-by-Step Instructions

1) Clean, soak, and blanch the offal

1. Chop the offal into small pieces and rinse well under **cold running water**.
2. Place in a large bowl, cover with **cold water**, and soak for **2 hours**, changing the water occasionally.
3. Drain, then **blanch**: drop the offal into **boiling water** for a short boil to remove impurities.
4. Drain thoroughly and set aside.

2) Build the base

1. In a large **heavy-bottom pot or Dutch oven**, melt the **lard** with the **olive oil** over **medium heat**.
2. Add the offal and the meat scraps. Cook, stirring occasionally, until the liquid released by the meat evaporates and the pieces begin to **lightly brown**.

3) Deglaze with red wine

1. Pour in the **red wine** and let it cook off completely, scraping the bottom to loosen browned bits (that's flavor).

4) Add tomato and seasonings; slow simmer

1. Stir in the **tomato paste** and **tomato sauce** until everything is well coated.
2. Add the **bay leaf**, **rosemary**, and **hot chili pepper** (or flakes).
3. Add **water** a little at a time to reach your preferred consistency (thick but spoonable).
4. Reduce heat to a **gentle simmer** and cook **2–3 hours**, stirring occasionally. Add more water as needed so it doesn't dry out or stick.

5) Season and finish

1. Taste and adjust **salt**.
 2. Remove the **bay leaf** and **rosemary** before serving.
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Serving Suggestions

- **With pasta:** Toss with **spaghetti** (bonus points for a good bronze-cut spaghetti).
- **With bread:** Spoon over thick slices of **crusty Italian bread** for the ultimate “sop it up” moment.
- **Classic:** Serve hot with a glass of dry red wine.