

**“LA CUCINA”**  
**di Caruso Rosalia**  
**Via Vinca, 6**  
**50051 Castelfiorentino**

## **DATA SHEET**

### Hare ragout

#### **INGREDIENTS:**

TOMATO PULP  
35% HARE MEAT  
EXTRA-VIRGIN OLIVE OIL 100% ITALIAN  
RED ONIONS  
CARROTS  
RED WINE  
**CELERY**  
PARSLEY  
SALT  
SP EZIE (FRUITS OF CORIANDOLI - CANNELLA - NAILS OF GAROFANI - NOCE  
MOSCATA - ZENZERO)  
SULTANIN GRAPE  
PINE NUTS  
BLACK PEPPER

#### **COOKING PROCEDURE:**

WE MAKE SAUTE WITH VEGETABLES (ONIONS - CARROTS - CELERY AND PARSLEY) IN EXTRA VIRGIN OLIVE OIL FOR ABOUT 2 HOURS. WE ADD THE MEAT AND THE WINE. WE COOK ALL FOR AN HOUR. THEN WE ADD THE TOMATO PULP, SALT PEPPER AND SPICES, WE FINISH COOK FOR MORE THAN 2 HOURS. WE PUT THE READY PRODUCT IN GLASS JARS AND WE DO STERILIZE IN AN AUTOCLAVE.

SHELF LIFE IS 24 MONTHS FROM THE TIME OF PRODUCTION.

DOES NOT CONTAIN DYES OR PRESERVATIVES.

**HIGHLIGHTED INGREDIENTS MAY CAUSE ALLERGIES AND INTOLERANCES**

**MAY CONTAIN TRACES OF : FISH , MILK.**

**Average nutritional values per 100g of product:** Energy 558 kj (134kcal), Fats 10.7g (saturated fatty acids 2.9g), Carbohydrates 3.1g (of which sugars 3.1), Protein 6.4g, Salt 0.87g.

