

## THE RECIPE

# Stuffed capon Milanese style

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CULTURE

20\_12\_2021



Here is a typical Milanese dish that is always present on the Christmas table. As a double homage, to the Nativity and to Caravaggio.

**Ingredients (serves 6):**

*1 capon of about 2 kg*  
*1 carrot*  
*1 celery stalk*  
*1 onion*  
*1 tablespoon coarse salt*

**For the stuffing**

*1 large onion*  
*1 bread roll*  
*1 cup milk*  
*1 cup broth*  
*1 cup grated Parmesan cheese*  
*1 knob of butter*  
*1 bunch of parsley*  
*2 eggs*  
*Salt and freshly ground black pepper*  
*1/2 teaspoon nutmeg*

**Preparation**

Have the butcher clean the capon well, remove and give you the entrails (heart, liver). The capon must be cooked whole.

**Chop the entrails into small pieces** and scald them in the broth for a few minutes. Chop the onion and fry it in a knob of butter. Soak the bread roll in milk and crumble it. Chop the parsley. Beat the eggs with salt and pepper.

**At this point, prepare the filling:** place in a bowl the crumbled bread roll soaked in milk, the entrails, the grated cheese, the parsley, the chopped onion previously browned in a little butter, nutmeg, salt and pepper. Bind everything together with the two beaten eggs. Mix all the ingredients well.

**Season the outside and inside** of the capon with salt and pepper. Place the stuffing in the cavity and sew it up with kitchen string.

**Now boil some water in a large pot** with some coarse salt, the carrot, the celery and the onion; when it starts to boil, put in the capon, which should be completely covered by the water; cook in this way for 2.5 hours; halfway through the cooking turn the capon over so that it cooks evenly on both sides. Serve with fruit mustard.