



Pampanella

Pampanella is a classic street food hailing from Molise. It consists of pork cuts that are marinated in sweet or spicy ground red peppers, garlic, and salt. White vinegar is added to the meat when it's baked in the oven

Recipes

- 8 pork loin steaks
- 8 pork ribs
- 2 tbsp of garlic granules
- 2 tbsp of flaky sea salt
- 4 tbsp of sweet paprika
- 2 tbsp of hot smoked paprika
- 2 tbsp of white wine vinegar

Steps:

1. Make up the rub by adding all the ingredients to a bowl and mixing thoroughly
2. Sprinkle evenly over the meat, place tightly packed into a tray and cover with greaseproof paper. Leave to marinate for 1 hour
3. Preheat the oven to 150°C/gas mark 2
4. Lift up the greaseproof and sprinkle evenly with the vinegar. Place the paper back over the meat and bake in the oven for 2 hours
5. Serve immediately, either as they are or in buns for a snack on the go