



CAPPONE AL FORNO (ROAST CAPON)

In a small bowl, crush the focaccia into the milk, and set aside. Meanwhile, brown the sausage in a large skillet. Add the prosciutto and brown evenly. Turn off the heat and add the bread and milk mixture. Add the chestnuts, cheese, and 2/3 cup of white wine, and mix well.

Preheat the oven to 350°F.

Wash and dry the capon, inside and out. Lightly salt the inside cavity. Loosely pile the stuffing mixture inside, allowing the excess to pile near the leg openings. Tie the legs together. Put the capon on a rack in roasting pan. Brush him with the olive oil and rub evenly with coarse salt. Remove leaves from the rosemary sprigs (at least a tablespoon, or more) and pat onto surface of oiled and salted capon.

Roast for approximately 3 hours, basting every so often with the wine. The capon is done when the meat is tender and juices run clear when pricked. Internal temperature needs to register 180°F.

*****Wine can be substituted with same measure of white grape juice + 1/8 teaspoon table salt + 1 tablespoon white vinegar.**

Ingredients:

Stuffing:

1 1/2 cups torn focaccia

3 tablespoons milk

1 pound mild sausage,
minced

1 ounce prosciutto, diced *

2/3 cup chestnuts, minced,
toasted **or pecans

1/4 cup grated Pecorino
Romano

1 large egg, beaten

2/3 cup dry white wine ***

1 - 5 pound capon

2 tablespoons olive oil

1 1/2 teaspoons coarse salt

fresh rosemary

1/2 cup dry white wine