



Minestrone

Directions

- ½ lb salt pork cut in small pieces
- 1 large or 2 small onions
- 2 quarts water
- 1 large carrot
- 1 head celery
- ½ a small spring cabbage
- ½ a lettuce
- ½ lb tomatoes
- A handful of French beans, cut in pieces
- 1 cupful shelled green peas
- 1 small tin sweet corn
- Salt and pepper to taste
- ½ cup of small macaroni – elbow macaroni, pastina (rice shaped macaroni) or alphabet macaroni, small stars or any of the small types

Fry the pork in a little lard until it is slightly brown; add onion cut small and cook till golden brown; add water and bring to the boil; add carrots and celery cut into small pieces; add shredded cabbage and lettuce, beans, peas and corn, salt and pepper to taste. Cover and allow



to cook gently for about 1.5 hours. Twenty minutes before serving, add the macaroni. Serve hot and with the soup hand-grated Parmesan to be added at will. – Italian Cooking (1900)by Dorothy Daly