



JERNEJ KITCHEN

BEEF BRACIOLE

Beef Braciolo is a heavenly, delicious main dish. The meat is tender, melts in your mouth, and cooked in a generous amount of sauce.

SERVES	6	PEOPLE
PREPARATION:	30	MINUTES
COOK:	2	HOURS
TOTAL TIME	2	HOURS 30 MINUTES

MEAT

1 kg (2 pounds) beef top round, cut into 0.5 cm (1/4-inch thickness)

2 garlic cloves

1 tbsp Pine nuts

40 g (1/3 cup) grated parmesan cheese

6 sprigs of parsley

2 tbsp olive oil

SAUCE

160 ml (2/3 cup) red wine

1 tbsp olive oil

1 onion, diced

1 carrot, diced

600 g (2 3/4 cups) tomato passata

180 ml (2/3 cup) water

240 g (1 cup) canned whole tomatoes

1 tsp salt

1 pinch of black pepper

1 sprig of parsley, 1 bay leaf, 1 sprig oregano

MAKE THE MEAT ROLLS

Prepare two sheets of parchment paper. Place one top round steak onto a sheet of parchment paper and cover with another layer of the paper. Pound each steak until you get a thin steak. Add garlic, pine nuts, parmesan cheese, parsley, pinch of pepper, and salt to a mortar and grind into a thick mixture. Feel free to use a food chopper if you have it at home. Spread the stuffing evenly over the meat and roll into a tight roulade. Secure the beef roulade with kitchen twine in two spots.

SEAR THE MEAT

Place a large, deep pan over high heat. Add oil and beef braciolo and sear on both sides for approximately 2 - 3 minutes per side or until beautifully caramelized.

WINE

In the same pan, cook the wine without using any fat. Simmer for about 4 - 5 minutes for the alcohol to evaporate and to combine with those delicious meat-searing juices. Transfer the meat to a bowl.

SAUCE

Add the oil to the same (clean) pan and place over medium heat. Add the diced onion and diced carrots. Stir and saute for 5 minutes, then pour the wine, tomato passata, water, whole (canned) tomatoes, salt and pepper. Add the herbs, stir, and arrange the beef braciolo over the sauce and dip them gently into the sauce. Bring to a boil, then cover with a lid and reduce the heat to very low. Cook for 2 - 2 1/2 hours or until the meat is tender.

SERVE

TOOLS AND EQUIPEMENT

parchment paper
rolling pin (to pound the meat)
pestle and mortar
kitchen twine
large deep pot

Sponsored Divide the beef with the sauce between six plates and serve with your favorite side dish. Remove the kitchen twine from the meat before serving.