

BRACIOLA

Source: Everyday Italian by Giada DeLaurentiis

Prepared by: Lauren O'Dell Patton, April 2016

Makes: 4 Main Course Servings

2/3 cup grated Pecorino Romano Cheese
1/3 cup grated Provolone Cheese
½ cup dried Italian-style bread crumbs
2 tablespoons chopped fresh flat-leaf parsley
1 clove garlic, minced
4 Tablespoons olive oil
1 flank steak (1 ½ pounds)
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 cup dry white wine
3 ½ cups Marinara sauce (see separate recipe)

In a medium bowl, stir the cheeses, bread crumbs, parsley and garlic to blend. Stir in 2 tablespoons of the oil and set aside. Lay the flank steak flat on the work surface, and sprinkle with ½ teaspoon each of salt and pepper. Sprinkle the bread-crumble mixture evenly over the steak to cover the top evenly. Starting at one short end, roll up the steak as for a jelly roll and enclose the filling completely. Using kitchen twine, tie the steak roll to secure. Sprinkle the braciola with the remaining salt and pepper.

Preheat the oven to 350 degrees. In a large, heavy, ovenproof frying pan, heat the remaining 2 tablespoons of oil over a medium flame. Add the braciola and cook until brown on all sides, about 8 minutes. Add the wine and bring to a boil. Stir in the marinara sauce. Cover partially with foil and back, turning the braciola and basting with the sauce every 30 minutes, until the meat is almost tender, about 1 ½ hours. Uncover and continue baking until the meat is tender, about 30 minutes longer. (The braciola can be made up to this point one day ahead. Cool, then cover with foil and refrigerate. Rewarm in a 350 degree oven until the braciola is heated through, about 30 minutes)

Remove the braciola from the sauce. Using a large, sharp knife, remove the kitchen twine and cut the braciola crosswise and into 1/2 -inch thick slices. Transfer the slices to plates. Spoon the sauce over and serve.

Cook's Notes:

