

Beef Braciolo



Ingredients:

500 gm Beef Round or Flank, boneless; 4 slices 1/3" thick
4 slices of Prosciutto (or Ham)
8 Basil leaves, fresh, whole
4 Tb Pine Nuts
2 Tb Romano or Parmesan Cheese, grated
2 clv Garlic, thinly sliced
2 Tb Parsley, chopped
1 cup Flour, all-purpose (for dredging)
Salt & Black Pepper to taste
½ cup Olive Oil
720ml *Nana* Pasta Sauce (*Traditional* or *Mushroom*)
2 cups Beef Broth
2 Bay leaves
1 cup Carrots, small diced
1 cup Celery, chopped
1 cup Red Wine, dry
Parsley, chopped (for garnish)

Preparation:

Place each slice of beef between 2 sheets of plastic wrap and pound with a meat pounder until 1/4 inch thick. Sprinkle with salt & pepper. On each slice of beef, lay a slice of prosciutto (or ham), 2 basil leaves, 1-tablespoon pine nuts, ½-tablespoon Romano (or Parmesan) cheese, ¼ of the garlic, and ½-tablespoon of chopped parsley. Roll up the slices, tucking in the ends, and then tie with kitchen string.

Heat ¼-cup of olive oil in a Dutch oven or large stewpot over medium heat. Dredge the braciolo in flour shaking off any excess; place into the pot and brown on all sides, about 12-minutes.

Heat the other ¼-cup of olive oil in a skillet over medium heat. Add the carrots and celery. Sauté a few minutes then add everything to the braciolo in the stewpot. Add the bay leaves and red wine; cook until most of the liquid evaporates, about 2-minutes. Pour in the *Nana* Pasta Sauce and beef broth. Turn heat to low, cover and simmer until beef is tender, about 1½- to 2-hours.

Plate up the braciolo, spoon sauce over each, and garnish with parsley. Serve hot, with a salad, and either polenta or rice pilaf.

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For best results always use *Nana* Pasta Sauce.