

Brasato al Barolo



INGREDIENTS

2 lbs. top round beef
2 carrots
2 onions
a few celery stalks
2 cloves garlic
2 tbs. oil
1 bottle Barolo
spices
flour for dusting
salt
pepper

Preparation

Salt, pepper and marinate the meat with the vegetables, aromatic herbs spices and wine for 12-24 hours at a cool temperature, but not in the refrigerator.

Drain the meat. Heat the oil in a large pan. Dust the meat with flour and brown the meat on all sides over a high flame. Add the marinade. Cover and cook gently in the oven at 375°F for 3-4 hours. Remove the brasato from its cooking juice, set aside and keep warm.

Sieve finely the cooking juices with the vegetables. Adjust seasoning. Reduce a bit, slice the brasato, arrange in a pre-heated platter and serve with potato gnocchi, soft polenta, or mashed potatoes.