
Beef Braciolo (Stuffed Rolled Beef served with Penne Pasta)

*Chef Frank Bologna - Osteria Restaurant - Sarasota, FL
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Servings: 4

1 1/2 pounds top round of beef, cut into six-ounce slices

4 thin slices prosciutto

1/4 cup cilantro, chopped fine

1/4 cup fresh basil, chopped coarse

4 hard-boiled eggs, cut into quarters

1 cup Parmesan cheese

1/4 tablespoon minced garlic

1/4 cup pine nuts

SAUCE

1/2 stalk celery, diced large

2 carrots, diced large

3 onions, diced large

3 ounces pancetta (round Italian bacon)

8 whole peeled Italian tomatoes

2 cups dry red wine

2 ounces Marsala wine

2 bay leaves

salt (to taste)

pepper (to taste)

2 cloves garlic

2 tablespoons basil

2 tablespoons cilantro

3/4 pound Penne (tubular pasta)

Place slices of beef between two sheets of lightly oiled wax paper. Pound the beef until paper thin.

Place the beef slices on a flat surface. Season with salt and pepper. Top each beef slice with a slice of prosciutto.

In a bowl, combine the garlic, basil, Parmesan, eggs, pine nuts and cilantro. Divide this stuffing mixture equally on each slice of beef. Roll each slice into a neat bundle and tie securely with kitchen string.

Heat a heavy skillet over medium-high heat. Cover the bottom with a thin coat of oil. Brown the beef rolls on all sides, then set aside.

Add the celery, carrots, onions, garlic, bay leaf, basil and cilantro. Lightly saute'

Deglaze the skillet with red wine and Marsala wine. Add the tomatoes and pancetta.

Strain the sauce through a china cap (small mesh screen), while the beef bundles cool for 20 minutes. Remove the string. Gently add the beef bundles to the sauce.

Cook the Penne al dente.

Take some of your sauce and saute' a little with the Penne pasta. Place the Penne on each serving plate.

Take about four tablespoons of the sauce and put it on the plate, placing the cut Braciolo on top. Top with a little more sauce, Parmesan cheese and basil.

Beef

Per Serving (excluding unknown items): 815 Calories; 35g Fat (43.3% calories from fat); 82g Protein; 20g Carbohydrate; 4g Dietary Fiber; 386mg Cholesterol; 6657mg Sodium. Exchanges: 0 Grain(Starch); 11 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat.