

# Beef Braciola

January 14th, 2022

**This recipe serves: 4**

Prep Time: 00:30

Cook Time: 00:45

(Pronounced \brä·ch ·ÈM·IY\ ) - Strictly speaking, a Braciola is a bundle of food wrapped in a large cut of meat, then slice d crosswise for individual servings. Since each bundle in this recipe is a single bite-sized serving, one could reasonably argue that this is actually a Beef Involtini. Regardless, there are many different cuts of steak that can be used for this dish, including Milanese Steaks, Top Round, or Flank Steak. Eye of Round can work in a pinch, but will likely be a more tough cut.

## Ingredients:

2 pounds Steak, thinly cut into 6 slices.

### Filling:

6 Ounces Ricotta / Cottage Cheese

2 Slices of White Rustic Bread, pulsed in a food processor to achieve a rough crumb

1/4 Teaspoon Garlic Powder

1/2 Teaspoon Dried Oregano

1/4 Cup Baby (8 Grams) Spinach, finely chooped

### Sauce:

28 Ounces Whole Canned Tomatoes, blended

1 Ounce Baby Bella Mushrooms, sliced

1 Splash Fish Sauce

1 Tablespoon Capers, rinsed

2 Cloves (1 Teaspoon) Garlic, finely minced or 1/4 Teaspoon Garlic Powder

1 Teaspoon Red Pepper Flakes (optional)

## Directions:

Trim any fat from the Steak.

Lay a single Steak on the cutting board. Cover with a sheet of plastic wrap.

Using a meat hammer, gently pound out each piece of Meat, ensuring that you don't tear the meat.

As you pound each piece, hold the Steak and pound at a slight angle, sliding the hammer on impact. This should push the Meat outwards, stretching and flattening the size of the Steak. Continue to pound each piece of Meat until it is a uniform 1/8 inch thin.

Repeat with the remaining Steaks.

In a small bowl, mix the Filling ingredients together.

Add a scoop of the Filling onto one of the flat Steak.

Fold up the sides of the Meat around the filling, then roll it up the long way.

Use 2 pieces of butcher's twine to tie up the Steak Roll.

Roll the remaining Steak the same way into Steak Rolls. Tie each Steak Roll closed with 2 pieces of twine.

### Place a large sauté pan over medium-high heat.

Heat Olive Oil in the pan.

Place the Braciola into the pan, being careful not to crowd the pan.

Sauté until browned. Rotate to brown all sides. Remove from pan.

### Reduce the heat to medium-low.

Add Garlic and Mushrooms to the pan and stir about 30 seconds.

Carefully add the blended Tomatoes. Sprinkle with the Capers and mix well.

Bring to a simmer.

Add the Meat Roll-ups back into the pan and **simmer 35 minutes**.

Serve the Braciola on a bed of Sauce, and covered in more Sauce.

Serve with garlic bread, Roasted Potatoes, Roasted Vegetables, short pasta (such as Bowtie or Penne), or Basmati Rice.