



ITALIAN (SOUTHERN)

# Braciole

| COMPLEXITY | SERVES | PREP   | COOK | TECHNIQUE | CUT         |
|------------|--------|--------|------|-----------|-------------|
| Involved   | 6      | 40 min | 2 hr | Braise    | Flank steak |

## Ingredients

- 1 kg (2¼ lb) flank steak, butterflied or sliced into 6 thin pieces and pounded to 5 mm (¼ in)
  - 1 tsp salt
  - ½ tsp black pepper
  - 3 tbsp olive oil
  - 1 onion, finely chopped
  - 4 cloves garlic, minced
  - 120 ml (½ cup) dry red wine
  - 800 g (28 oz) can crushed tomatoes
  - 1 tsp dried oregano
  - 450 g (1 lb) rigatoni or ziti, to serve
- FILLING**
- 60 g (1 cup) fresh breadcrumbs
  - 50 g (½ cup) grated Pecorino or Parmesan
  - 30 g (¼ cup) pine nuts, toasted
  - 40 g (¼ cup) raisins
  - 3 tbsp chopped parsley
  - 2 cloves garlic, minced
  - 1 tbsp olive oil

## Steps

1. Mix the filling ingredients with a pinch of salt. Season the pounded beef with salt and pepper.
2. Spread the filling over each slice, leaving a border. Roll up tightly with the fibres running along the length of each roll, so slices cut from it go across the grain, and tie each with string.
3. Heat 2 tbsp oil in a wide, heavy pot over medium-high heat. Sear the rolls for 6 to 8 minutes in total, turning, until browned all over. Remove.
4. Lower the heat to medium, add the remaining oil and onion, and cook for 5 minutes. Add the garlic for 1 minute.
5. Pour in the wine and deglaze, scraping the pot. Simmer 3 minutes, then add the tomatoes and oregano.
6. Nestle the rolls in the sauce, cover, and braise on low heat for 1½ to 2 hours, turning once, until a knife slides through with no resistance.
7. Boil the pasta in salted water until al dente and toss it with a few ladles of the sauce.
8. Remove the string, slice the rolls, and serve with the pasta and extra sauce.

## Notes

- **Make ahead:** the whole dish improves after a day in the fridge (3 to 4 days). It freezes 3 months in its sauce; reheat to steaming hot.
- **Serving:** the sauce is traditionally the first course on pasta, the meat the second.
- **Other cuts:** top round, cut thin, is common in Italian-American kitchens.
- **Slow cooker:** do steps 1 to 5 on the stove, then cook the rolls in the sauce on low 6 to 8 hr or high 3 to 4 hr.

- **Chef's touch:** rest the rolls in the sauce for 10 minutes before slicing so the filling stays put.
- **Pair with:** sautéed broccoli rabe or an escarole salad with lemon.