

Braciolo Napoletano (Braciolo Neapolitan Style)



DIRECTIONS

- Place parsley, garlic and pancetta in a food processor.
- Blend until a paste is formed.
- Place the beef slices on a clean surface.
- Season with salt and pepper to taste.
- Spread 1/8 of the garlic paste on each beef slice.
- Sprinkle 1 TBSP of grated pecorino over each slice.
- Beginning with the narrowest side, roll each slice into a braciolo bundle.
- Secure with either kitchen twine or toothpicks.
- Your braciolo are now ready to add to your pasta sauce.
- Note: Make sure to lightly brown braciolo in olive oil and chopped onions before adding tomato sauce.

INGREDIENTS

- 8 thin slices of beef (see tips)
- 10 large sprigs of parsley, washed and dried
- 2 large cloves of garlic
- 6 thin slices of pancetta
- 8 TBSP grated pecorino cheese
- Salt and pepper to taste
- Kitchen twine or toothpicks



NONNA'S TIPS

- Many supermarkets now carry thin sliced beef for braciolo. If you can't find them, use large sandwich steaks or top/bottom round steaks that you can pound thin.
- The cut of beef used for braciolo is dry and tough. The addition of pancetta gives moistness and flavor.
- You can substitute pork for beef to make braciolo if you like. I know the original braciolo are made with beef but I personally prefer the pork ones.
- When I start my Sunday pasta sauce with braciolo, I let olive oil and chopped onion sauté until golden. I add the braciolo and allow them to lightly brown on all sides. I then add 4 Oz red wine and cover pot. That step infuses the meat for richer flavor. When wine has evaporated, I add tomato sauce and water. I slow simmer my sauce for at least 2 hours on low, stirring often.