



Braciolone con piselli e pancetta

(Braciolone with peas and pancetta)

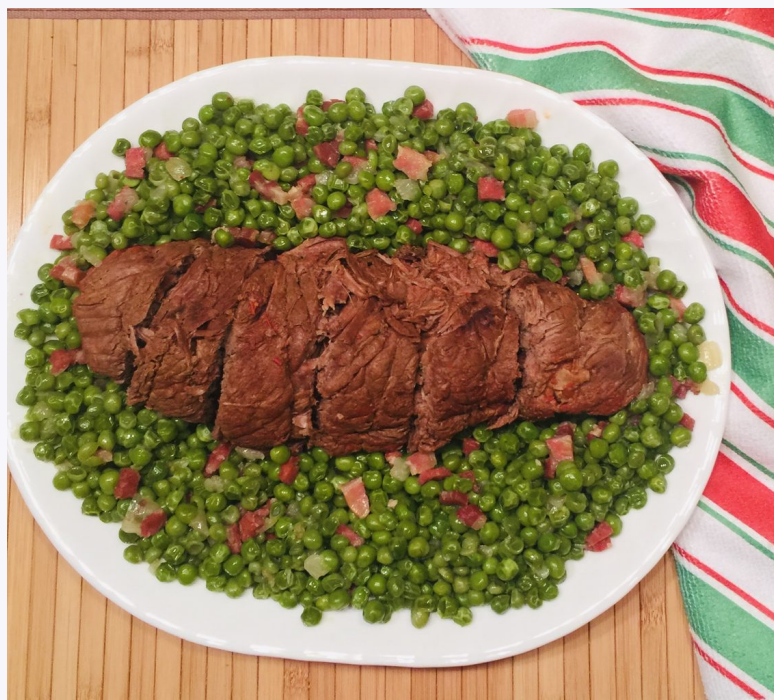
INGREDIENTS

- 1 1/2 lbs flank steak
- 4 oz pancetta, sliced
- 3 tbsp grated Parmesan
- 2 tbsp chopped parsley
- 3 tbsp olive oil
- Garlic powder, salt and pepper to taste
- 6 oz red wine
- 2 cups of beef broth (or vegetable broth)
- 12 oz bag frozen peas
- 1 tbsp chopped onions
- Kitchen twine

DIRECTIONS

1. Lay flank steak on a clean surface.
2. Sprinkle with garlic powder, salt and pepper to taste.
3. Add a few slices of pancetta to cover the entire surface of the meat.
4. Sprinkle the grated Parmesan and parsley evenly over the pancetta.
5. Carefully roll the meat and filling into a roll.
6. Secure roll with kitchen twine so it won't open during cooking.
7. Place olive oil in large casserole pan.
8. Cut remaining pancetta into slivers.
9. Add pancetta to pan.
10. Heat over medium flame until pancetta is crisp.
11. Remove crispy pancetta and set aside.
12. Place rolled meat (Braciolone) in pan.
13. Brown evenly on all sides.
14. Add wine and cover.
15. Add broth and bring to a slow simmer.
16. Cook meat on medium low in covered casserole for about 45 minutes.
17. Make sure to stir often so meat doesn't stick to bottom of pan.
18. Add some water if needed.
19. Add the frozen peas, chopped onion and crispy pancetta.
20. Cover and allow flavors to blend together.
21. Adjust seasoning if needed.

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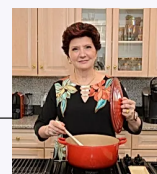


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DIRECTIONS (CONT.)

22. Cook for an additional 10 to 15 minutes or until peas are soft.
23. Let meat and peas rest covered for 5 minutes.
24. Remove meat and slice into portion sizes.
25. Remove kitchen twine from meat after slicing.
26. Place meat in the center of a serving tray.
27. Arrange peas around meat.
28. Drizzle with pan juices.
29. Serve hot.



NONNA'S TIPS

- This Braciolone can also be cooked in tomato sauce for your Sunday meal. Just let it simmer on low for an hour. Use the sauce with your favorite pasta!
- For a different twist on flavor, use mortadella instead of pancetta.
- Flank steak is expensive so, if you're on a budget, use sirloin steak instead. Make sure to butterfly the steak (or have your butcher do it) so that the meat is not too thick. Thickness should be about 1/2". Just remember that sirloin is a tougher cut of meat and, therefore, will need to simmer longer to achieve tenderness.