
Braised Beef Braciolo

J. Kevin Walker, CMC

Servings: 10

FOR THE BRAISE

salt and pepper
3 pounds boneless short rib or chuck flap
as needed olive oil
1 pound mirepoix
6 ounces tomato paste
1 pint red wine
2 quarts brown veal stock

FOR THE FILLING

as needed olive oil
2 ounces garlic cloves, minced
6 ounces red onion, diced
braised beef from above, shredded
1 pint +/- braising liquid
1/2 cup parmesan cheese, grated, good quality
1/4 cup pine nuts (pignolia), toasted
1/2 cup golden raisins
to taste Minus 8 Vinegar
to taste salt and pepper

FOR THE SAUCE

4 ounces shallots, minced
8 sprigs thyme
1 pint red wine
remaining braising liquid
8 ounces grapes, roasted
to taste Minus 8 Vinegar
as needed unsalted butter
to taste salt and pepper

FOR THE BRAISE:

Season the beef and oven sear until golden brown. Remove and reserve.

In appropriate size braising pan heat oil and saute mirepoix until brown. Add tomato paste and pincer, deglaze with red wine and reduce sec

Add beef and stock to pot. Bring to a simmer, cover and place in oven. Braise until fork tender, remove and cool in liquid.

Shred beef and reserve

FOR THE FILLING:

In small rondeau heat olive oil and saut garlic and onion to aroma

Add braised shredded beef and enough braising liquid to make wet but not soupy

Heat thoroughly. Add cheese, pine nuts, and raisins.

Season to taste with vinegar, salt and pepper. If needed thicken slightly with cornstarch. Remove and chill

FOR THE SAUCE:

Saute shallots, add thyme and red wine and reduce by 2/3's

Add braising liquid and grapes. Simmer for 15 minutes

Blend in Vita Prep

Return to sauce pot, if needed adjust consistency with cornstarch slurry, season with vinegar, salt, pepper and monte with butter.

Reserve for service

Per Serving (excluding unknown items): 190 Calories; 3g Fat (21.5% calories from fat); 5g Protein; 23g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 276mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1/2 Fat.