

BRACIOLE ROLLED SKIRT STEAK

INGREDIENTS

- 2 C** Marinara sauce (homemade **OR** store bought)
 - 2 lbs** Skirt Steak
 - 3/4 t** Ground pepper (fresh) (ground)
 - 4 T** Olive oil
 - 2 C** Spinach (baby)
 - 1** Egg (large)
 - 1** Garlic (clove) (minced)
 - 2 T** Parsley (Italian) (leaf) (fresh) (chopped)\
 - 1/2 t** Red pepper flakes
 - 1/2 C** Matza meal
 - 2 T** Pine nuts
 - 1/2 C** White or red wine
- Tomato Sauce (If you want to make your own sauce - see below on 2nd page)



DIRECTIONS

- 1** Pour prepared sauce in a Dutch oven or slow cooker.
- 2** Pound meat & season with black pepper.
- 3** Heat pan with 1 t oil, add spinach till it wilts & then allow it to cool.
- 4** Mix egg with garlic, parsley, red pepper flakes, matza meal, pine nuts & cooled spinach.
- 5** Spread on meat & roll & tie securely with kitchen twine.
- 6** Take a large skillet & add 3 T oil over high heat
- 7** Brown meat on all sides & then add ½ C white or red wine to deglaze the pan.
- 8** Then place meat in the Dutch oven or slow cooker filled with sauce.
- 9** Place in a 300 degree oven or on low in a slow cooker for 2-3 hours.
- 10** Remove the braciole from the sauce.
- 11** Using a large sharp knife, cut the braciole crosswise & diagonally into 1/2-inch thick slices.
- 12** Transfer the slices to plates.
- 13** Spoon the sauce over & serve.

NOTES

Do It Yourself Tomato Sauce - Recipe on the next page

Braciole is a thin slice of beef
or other meat wrapped around a filling & cooked in wine.

DO IT YOURSELF SIMPLE TOMATO SAUCE

INGREDIENTS

- 1/2 C** Olive oil (extra-virgin)
- 1** Onion (small)(chopped)
- 2** Garlic (cloves) (chopped)
- 1** Celery (stalk) (chopped)
- 1** Carrot (chopped)
- 2** Tomatoes (cans) (32oz) (crushed)
- 4 to 6** Basil leaves
- 2** Bay leaves (dried)
- Sea salt & ground black pepper (freshly ground)
- 4 T** Margarine (optional)



DIRECTIONS

- 1** In a large casserole pot, heat oil over medium-high heat.
- 2** Add onion & garlic & saute until soft & translucent (about 2 minutes).
- 3** Add celery & carrot & season with salt & pepper.
- 4** Saute until all the vegetables are soft (about 5 minutes).
- 5** Add tomatoes, basil & bay leaves & reduce the heat to low.
- 6** Cover the pot & simmer for 1 hour or until thick.
- 7** Remove bay leaves & taste for seasoning.
- 8** If sauce tastes too acidic, add unsalted margarine 1 T at a time, to round out the flavor.
- 9** Pour half the tomato sauce into the bowl of a food processor.
- 10** Process until smooth & continue with remaining tomato sauce.

Margarine

