

ELENA CANUTO

Brasato al Barolo

Braised Beef in Barolo Wine

1485 MB

A wonderful beef dish from my beloved region Piedmont, Italy

A Meat & wines are fantastic in Piedmont, the region of Slow Food and far more important, the Region where I was born! Barolo, Barbaresco, Barbera, Dolcetto - just to name a few - they all come from my beloved Region: Piedmont. Called in this way because of its location "ad pedem montium" (at the foot of the mountains) On the other side of them we have France. That is probably why those of you that know me think I have a funny accent for being an Italian, because I speak the "old Piedmontese" - a mix between Italian and French. Lucky me!

B So back to the recipe, meat and wine... Brasato combines the two! It goes wonderfully with Polenta or Mashed Potatoes.

C **DESCRIPTION:**

The dish my mum used to do when she wanted to impress her guests with a wonderful flavour. It requires a bit of time but you will not be disappointed. The Beef has to be cooked until meltingly tender.

1 **METHOD:**

The day before you want to serve the dish, you need to marinate the Beef in the *Marinata* sauce.

2 First chop in big chunks the carrots, the celery sticks and the onions. Place them in a bowl together with the garlic, the spices and the herbs required for the *Marinata*. Put the brisket in the bowl and fully cover it with the Barolo wine and the vegetables. Leave to marinate at least for one night in a cool place or in the fridge.

3 The following day remove the meat from the bowl (it must have gone purple for the wine) and dry it carefully with a towel. Flour it a little. Place the meat in a pan with Butter and Oil, add Salt and Pepper and cook the Beef for 5/10 minutes until nice and brown. Then add the *Marinata* from the bowl.

4 Cover the casserole and let it slowly cook at low heat for about 4 hours. Turn the meat and add hot stock from time to time. Once it is cooked (it has to be really tender!) put the Beef into a dish and pass the vegetables through a colander. Put the gravy into a pan again to obtain a silky sauce. Before turning off the flame, pour a bit of Brandy, blend and let the sauce on the flame a couple of minutes.

5 You are nearly done! Thinly slice the Meat and serve warm with the beautiful sauce.

6 Leftover: with this meat you can make wonderful Agnolotti (from Piedmont too!) but I will speak about this in my next recipe!!
BUON APPETITO!!

D **MAKES /SERVES: 4 persons**

E **INGREDIENTS:**

1 Kg Beef brisket
15 gr Butter
50 gr Olive Oil
2 glasses of Stock (preferably meat and vegetables one)
50 ml Brandy

For the *Marinata*:

1 Bottle - 750 ml Barolo wine
2 Cloves of Garlic
1 big Onion
2 Carrots
2 Celery sticks
3 Cloves
1 Rosemary,
2 Bay leaves
1 Cinnamon Stick
Salt
Pepper in grains

F **Special requirements:**

Large saucepan with a lid
Bowl

G By: Elena

H **SPECIAL NOTES FOR MY COOKS:**

I will be cooking and deliver other specialities from Piedmont in the next days

Source: Tetbury CONNECT: [Magazine](#)

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