

Beef Braised in Barolo Recipe

Eataly Magazine (December 06, 2019)



This dish is Piemonte on a plate – simple yet refined, and infused with the flavor of one of the region's lush red wines. Indeed, Barolo is known as *il re dei vini*, e *il vino dei re* – "the king of wines, and the wine of kings." Serve the beef and its sauce on a bed of polenta for a tender, rich main course.

Brasato al Barolo (Beef Braised in Barolo)

Yield: 10 servings

2 tablespoons extra-virgin olive oil
3 pounds [round steak](#) [2], preferably Razza Piemontese, trussed with kitchen twine
3 cloves garlic, crushed
4 yellow onions, minced
4 carrots, minced
1 rib celery, minced
1 sprig fresh rosemary



2 bay leaves
5 whole cloves
Fine sea salt to taste
Freshly ground black pepper to taste
2 bottles (about 1 1/2 quarts) [Barolo red wine](#) [3]

Heat the olive oil, in a Dutch oven or other heavy pot large enough to contain the meat, over medium heat. Brown the meat on all sides, then remove.

Add the garlic, onions, carrots, celery, rosemary, bay leaves, and cloves. Season with salt and pepper and cook over medium heat, stirring frequently, until the vegetables are soft, about 8 minutes.

Return the meat to the pan, pour in the wine, and bring to a boil. Reduce the heat to a simmer and cover the pot. Simmer, covered, turning the meat occasionally with tongs, until the meat is tender, about 2 hours.

With tongs, remove the meat to a carving board. Transfer all the liquid and vegetables remaining in the pot to a blender and puree to make sauce smooth.

To serve, remove and discard the kitchen twine. Slice the meat and pour the sauce over the slices. Serve warm.

Buon appetito!

Source URL: <http://newsite.iitaly.org/magazine/dining-in-out/eataly-magazine/article/beef-braised-in-barolo-recipe>

Links

[1] <http://newsite.iitaly.org/files/screenshot2019-12-06at174521png>

[2] https://www.eataly.com/us_en/fresh/meat

[3] https://www.eataly.com/us_en/go-to-eatalyvino