



## THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

### **Brasato al Barolo – Beef Braised in Barolo** (adapted from Emeril)

6 servings

Oops, I just saw that the recipe calls for 1½ bottles of wine, not the 1½ liters, or two bottles, that I thought when I made this. So yours might not be quite as winery as mine. And now you have half a bottle to sip on while you wait for the beef to cook!

1 tablespoon olive oil  
1 (3-pound) boneless beef chuck roast, patted dry  
Salt and freshly ground black pepper  
3 ounces pancetta, diced  
1 yellow onion, diced  
2 medium carrots, diced  
2 celery stalks, diced  
3 cloves garlic, minced  
1½ bottles (4½ cups) Barolo, or other dry red wine  
2 cups chicken stock  
2 sprigs rosemary  
2 bay leaves  
1 cinnamon stick  
¼ cup chopped fresh parsley, for garnish

1. Heat the oven to 325 degrees.
2. In a large Dutch oven, heat the oil over medium-high heat. Sprinkle the beef with salt and pepper. Add the beef to the pot and cook, turning every 2-3 minutes, to brown on all sides. Remove from the pan. To the fat in the pan, add the pancetta and cook until browned, about 3 minutes. Add the onions, carrots, celery and a pinch of salt; cook until caramelized, about 10 minutes. Add the garlic and cook until fragrant, about 30 seconds. Return the beef to the pan and add the wine, 2 cups of the stock, rosemary, bay leaves and cinnamon stick. Bring the liquid to a simmer over medium-high heat, then cover tightly and transfer the pot to oven.
3. Cook, turning the roast every 30 minutes, until fully tender and a meat fork slips in and out of meat very easily (3½-4 hours). Remove the meat from the pan and tent with foil to keep warm.
4. Remove the rosemary, bay leaves, and cinnamon stick, and place the pot over high heat. Cook until the sauce is reduced to a consistency thick enough to coat the back of a spoon, about 10 minutes. Adjust the seasoning to taste.
5. Thinly slice the beef across the grain into ¼-inch thick slices. Serve the beef ladled with the sauce. Garnish with parsley and serve.