

Tuscany Cuisine

Pappardelle con le bracirole alla fiorentina

Pappardelle pasta tossed with melted butter and Parmesan cheese with Tuscany beef stew cutlet, filled with prosciutto and pecorino cheese.

Ingredients:

Fresh eggs pasta dough 1lb (see recipe file own the pasta recipes page)

Butter 4 ounces

Parmesan Cheese fresh grated 4 ounces

Beef cloud shoulder 1lb

Pecorino Romano cheese shaved 2 ounces

Italian Prosciutto 2 sliced

Carrots 1

Yellow medium onions 1

Celery 2 each stalks

Tomato paste 1 table spoon

Beef demi-glaze 1cup (see recipes on the preparation recipe page)

Red wine 8 ounces glass

Olive oil 1 cup

Fresh parsley 1 bunches.

Preparation.

Roll the fresh pasta dough and cut in large sheets 2 inches long, and not too thick, then cut sheet of pasta longwise and you will obtain a large ribbon Italian pasta traditionally called "Pappardelle".

Wash and peeled the vegetable dry at room temperature then chopped very fine.

Clean and cut the beef shoulder cloud exceeded fat. The sliced and pounded to obtain a regular pieces of meat.

On each pounded pieces of meat first lay the sliced Italian prosciutto than the shaved Pecorino Romano. Roll the meat and sealed with a toothpick; to make sure that a stuffing will not coming out during the cooking time.

Heat it up a large casserole pot or rondeaux, with the cup of olive oil, add the fine chopped vegetables, low the flame and braised the vegetables until soft and gold color. Add then the spoon of tomato paste, deglaze everything by poring in the red wine; let wine reduce and evaporate.

Then add the beef demi-glaze and the blended peeled tomato, seasoned with salt and black pepper. Bring to boil.

In a hot skillet seared the rolled beef, then remove it from the skillet and immerse in the casserole, and make that vegetables and enough liquid cover the meats.

Cover with parchment paper, sealed with aluminum foil then put it in the oven for 2 hours at 300 degrees.

After remove the meat put them in half sheet pan, blended and strained to a chinois the sauce then add stir in the other half not blended. Cover the meat again with the obtained sauce let it cool down.

Cook the "Pappardelle" in boiling salted water. Strain the pasta and tossed with melted and Parmesan cheese.

Presented on a pasta bowl and garnished with reheat it sliced rolled beef and the vegetables braised sauce, decorated with fresh fine chopped Italian parsley.