

## Brasato al Barolo



### INGREDIENTS

2 lbs. top round beef  
2 carrots  
2 onions  
a few celery stalks  
2 cloves garlic  
2 tbs. oil  
1 bottle Barolo  
spices  
flour for dusting  
salt  
pepper

### Preparation

Salt, pepper and marinate the meat with the vegetables, aromatic herbs spices and wine for 12-24 hours at a cool temperature, but not in the refrigerator.

Drain the meat. Heat the oil in a large pan. Dust the meat with flour and brown the meat on all sides over a high flame. Add the marinade. Cover and cook gently in the oven at 375°F for 3-4 hours. Remove the brasato from its cooking juice, set aside and keep warm.

Sieve finely the cooking juices with the vegetables. Adjust seasoning. Reduce a bit, slice the brasato, arrange in a pre-heated platter and serve with potato gnocchi, soft polenta, or mashed potatoes.