




Braised featherblade of beef with porcini mushrooms






A typical traditional recipe from Ticino reworked by SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

Preparation

	Time required	approx. 120 minutes
	Difficulty	Average - For amateurs
	Portion size	4 people

Features

	Dish	Meat - Braised
	Typical product	Beef - 0 km
	Suitable in	Autumn - In the mushroom season

INGREDIENTS

Braised beef

- 800 g beef featherblade steak
- Salt and pepper to taste
- 40 ml peanut oil
- 80 g mirepoix (mixture of finely diced onions, carrots and celery)
- 20 g tomato puree
- 160 ml red cooking wine
- 600 ml beef stock
- Bouquet garni (cloves, juniper, pepper and bay leaves)

Garnish

- 120 g porcini mushrooms
- Salt and pepper to taste

Braised beef

Plating up

PREPARATION

1. Tie the meat if necessary;
2. Make up the bouquet garni with cloves, juniper, pepper and bay leaves;
3. Quickly blanch the porcini mushrooms in salted hot water and place them on a plate to cool;
4. Chop the porcini to taste and leave them somewhere cool for later;
5. Salt the meat;
6. Heat the oil in a braising pan and brown the meat;
7. Remove the meat from the braising pan and degrease;
8. Add the mirepoix and allow it to soften;
9. Add the tomato puree and leave to reduce;
10. Put the meat back in the pan and deglaze with the red wine;
11. Leave to reduce to a glaze;
12. Add the bouquet garni;
13. Pour over the beef stock;
14. Cover and braise in the oven for approx. 1 hour and 30 minutes – 2 hours (200 °C for the first 30 minutes and then 180 °C);
15. Once cooking is complete, remove the meat (keeping it somewhere warm) and the bouquet garni. If required, mix the sauce, pass it through a sieve and finish it to taste;
16. Check the consistency and thicken with a little corn flour if required;
17. Add the chopped, salted and peppered mushrooms to the sauce.

Slice the meat and arrange it on the plate, covering it with the sauce.