




Braised beef in red wine






A recipe by Angelo Caironi, chef at the “Fiore di pietra” restaurant.

Preparation

	Time required	approx. 240 minutes
	Difficulty	Average - For amateurs
	Portion size	6 people

Features

	Dish	Meat - Beef
	Typical product	Red merlot from Ticino - 0 km
	Suitable in	Summer - With polenta

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INGREDIENTS

- 1 flat iron steak
- 1 bottle of red merlot from Ticino
- 1 onion
- 1 celery stalk
- 1 large carrot
- 1 garlic clove
- Herbs (juniper, cloves, sage, rosemary, bay leaves) to taste

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PREPARATION

Start by removing or cutting away any nerve sections from the flat iron steak. Then place it in a large container and add the bouquet garni made from the herbs together with the chopped vegetables, before pouring over the red wine until it covers the meat and leaving it to marinate for at least 2 days in the fridge.

Remove the meat from the marinade and pat it dry. Heat a drop of oil in a casserole dish and brown the meat until it is golden brown. Pour over all the marinade with the added vegetables and bouquet garni, bring it all to the boil and reduce it for 3–5 minutes. If the marinade does not cover the meat completely, add some stock until reaching the desired level, season to taste with salt and pepper, cover with a lid and bring to the boil, then lower the flame until it is simmering gently and leave to cook for around 4 hours, checking from time to time that the cooking liquid has not evaporated completely.

When the meat is cooked and tender, remove it from the casserole dish, discard the bouquet garni, blend the rest roughly with a handheld liquidiser and, if necessary, thicken it with cornflour to taste.