

Anthony's Braciole (Bree-Zshole)

OK, Here is the stuff you will need for the Braciole:

- 1 lb "Round Steak" or 1lb "London Broil"
- 1/2 cup bread crumbs (*preferably "Progresso"*)
- Fresh Parsley
- 1/4 cup Parmesan Cheese (*fresh grated recommended*)
- (3) cloves Fresh Garlic - *You can never have to much garlic...:-)*
- Coarse Black Pepper and Salt

*****As Modified by Steve Cavrudatz*****

- **3 lbs "Round Steak" or 3 lbs "London Broil"**
- **1 cup bread crumbs (*preferably "Progresso"*)**
- **¾ cup chopped Fresh Parsley**
- **½ cup Parmesan Cheese (*fresh grated recommended*)**
- **(10) cloves Fresh Garlic**
- **¼ teaspoon Coarse Black Pepper**
- **½ teaspoon Salt**

Very Important Tip. *When frying the Braciole you MUST have a very good Non-Stick pan. Believe me, this helps!*

First of all...

When you go to your local grocery store to get the 1 lb "Round Steak" or 1 lb "London Broil" you will need to ask the butcher to slice the meat up into 1/4" thin pieces.

Take the meat slices and lay them out on wax paper. Now pound the heck out of them, you need a meat pounder for this part. *You might want to make sure there are no babies sleeping while you do this. The pieces will end up larger when you're done pounding and you may have to cut them in half and do some trimming.*

You want to have pieces that are approximately 7"x3" and relatively rectangular in shape, sometimes when they slice the meat you may get some slices that come to a point, you will have to cut those ends off, it becomes a problem when you start to roll the meat up if one edge is a lot smaller than the other. (Did that make sense to you?? When I get time I might add some pictures to help aid you through this whole sauce making process)

Anyway, now that you have your 7"x3" rectangular slices of meat sitting on your counter, staring at you, waiting for some Italian influence... what you want to do is chop up some nice fresh parsley, about 1/4 to 1/2 cup, grate some fresh Parmesan cheese, about 1/4 cup, and chop up 3 cloves of garlic as fine as you can.

Next...

Sprinkle on the meat a little finely chopped fresh garlic (*spread out the garlic with your fingers and try to press the garlic into the meat*), some bread crumbs, fresh parsley and fresh Parmesan cheese, then add a dash of salt and coarse black pepper.

Make sure it's evenly spread out on the meat.

OK, now you're ready to roll up the meat...

Roll up the meat as tight as you can and tie it up with some very strong thread (*we call this Italian dental floss*). You will need about three pieces of string for each piece. You want to tie it well enough to hold it all together. Make sure to leave long pieces of string hanging off the knot you make so you can find the string after cooking it. If you don't have strong thread, it will fall apart during the searing process.

OK, now that you have all you're meat rolled up, tied up and ready to go, let's put the meat in the very hot pan.

Take them right from the frying pan into the sauce.

*This recipe should yield approximately 7 to 10 Braciolo Rolls. **This is important to note.** If you have more than 10 people you are serving your going to have a problem! Everyone is going to want one of these things!!*

This part of the recipe will take practice. You will have to make the Braciolo several times before you get it just right. You'll have to play around with the amount of ingredients to add to the meat and the size of the roll. You don't want the rolls too thick or you will have to cook you're sauce longer.

*****As Modified by Steve Cavrudatz*****

Heat oven to Bake 275 degrees. Place browned Braciolo in glass baking pan. Pour over Braciolo ½ can of tomato paste, 1 cup water, and 2 ladles of pasta sauce, so that the liquid fills the pan ½ way up. Cover tightly with double foil. Place in heated oven and allow to braise for 1½ hrs.

**Please email any comments/questions you may have to:
webmaster@spaghettisauceandmeatballs.com*

Now make your favorite Pasta and Mangiarlo tutto!!! (*Eat it all*)