

Italian Vegetable beef soup

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Nothing warms the soul quite like a bowl of Italian vegetable beef soup. This classic dish is the ultimate comfort food, combining the slow -cooked beef with the vibrant, earthy taste of fresh vegetables. Full of wholesome ingredients like tender chunks of beef, carrots and potatoes it's a hug in a bowl. Simmered with Italian herbs every spoonful is a burst of flavor that transports you to a rustic Italian countryside kitchen.

Perfect for chilly evenings or make-ahead meal for busy days. Whether you pair it with crusty bread or enjoy it on it's own, It's a satisfying and nourishing that your whole family will love. Plus, it's a great way to incorporate vegetables into your diet without compromising taste.

Why you will love this Italian vegetable beef soup

What sets this Italian vegetable beef soup a part is it's versatility. The recipe allows for endless customizations, so you can use whatever vegetables you have on hand. It's also a one-pot wonder. making cleanup a breeze. Plus the slow simmering process not only deepens flavor it leaves you hands free and your kitchen with an irresistible aroma that will have everyone eagerly waiting for dinner.

Whether your looking for a comforting dish on a cold night or an easy meal prep recipe, this soup is bound to become a family favorite too.

Ingredients

- 1 Lb. beef chuck
- 2 Tbsp. olive oil
- 1 cup diced onion
- 2 Tbsp. minced garlic
- 1 cup diced celery
- 2 cups diced carrots
- 3 medium potatoes medium dice
- 2 Tbsp. tomato paste
- 4 cups beef broth
- 1 cup water
- 1 cup small shaped pasta
- a few bay leaves
- salt and pepper to taste
- grated parmesan cheese
- 2 Tbsp. chopped Italian parsley

Instructions

1. Heat the oil in a large stock pot . salt and pepper the meat. then brown on all sides . Remove and set aside.
 2. In the same pan add the onion, garlic, celery and carrots. Cook until soft and just beginning to brown.
 3. Add the tomato paste, broth, water and bay leaves. Return the beef back to the pot. Bring to a slow simmer and cook covered for 45 minutes. Add in the potatoes the last 15 minutes and the pasta the last 7 minutes.
 4. Ladle into soup bowls . Top with grated parmesan cheese and the Italian parsley. ENJOY!!!!!!
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Authentic Italian shrimp oreganata

Authentic Italian shrimp oreganata

Authentic Italian shrimp oreganata isn't just a recipe- it's a cherished part of my childhood memories, especially during La Vigilia, the Italian Christmas eve feast of the seven fishes.

Every Christmas Eve, our family would gather around a table full of seafood dishes, each prepared with love and tradition. Shrimp oreganata was always one of my favorites, a dish that represented the warmth of the season. The kitchen would be filled with the smells of garlic sizzling in olive oil. My mother would prepare the shrimp, layering them in the baking dish, while I would sprinkle the breadcrumb mixture making sure each shrimp was perfectly coated. Christmas Eve was always a special night-no meat just the bounty of the sea. Shrimp oreganata was often the first dish to disappear. it's crispy topping and tender shrimp was irresistible to everyone at the table.

To this day , authentic Italian shrimp oreganata holds a special place in my heart and on my Christmas eve table. It's more than a dish: It's a connection to my roots, a reminder of those joyful Christmas Eves, spent with family and the traditions that make the season so meaningful.

The magic of authentic Italian

shrimp oreganata

The magic of shrimp oreganata lies in it's simplicity. Plump shrimp are the star, complemented by the crunchy breadcrumb topping and the zesty tang of lemon juice. The breadcrumbs soak up the shrimps natural juices and blend with the olive oil and butter for a savory melt-in – your dish. Traditionally served with crusty Italian bread to mop up every bite, it also pairs deliciously with pasta or a salad for a complete meal.

This authentic preparation brings the spirit of Italian cooking- fresh wholesome ingredients prepared simply. Whether you are making this for a holiday dinner or a casual weeknight meal , shrimp oreganata is a crowd- pleaser that brings a taste of Italy to your table. ENJOY!!!!

Ingredients

- 1 lb. large shrimp, (16-20) peeled and deveined, tails on
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- juice from one lemon
- 1 cup breadcrumbs
- 1 Tbsp. red chili flakes
- 1/2 cup grated parmesan cheese
- 1 Tbsp. dried oregano
- 2 Tbsp. chopped Italian parsley
- Lemon slices for serving

Instructions

1. pre heat your oven to 400- degrees
2. Clean the shrimp Then place the shrimp in a oven proof baking dish drizzle with 2 Tbsp. of the olive oil. season with salt, pepper, half of the minced garlic, white wine and the lemon juice. Toss to coat evenly

3. In a bowl mix the breadcrumb, grated parmesan, oregano and red pepper flakes
 4. Then in 1 Tbsp. of olive oil and 2 Tbsp. of butter over medium high heat add the garlic cook until fragrant then add the breadcrumb mixture and toast until golden brown.
 5. Spread the breadcrumb mixture evenly over the shrimp, ensuring each shrimp is evenly coated.
 6. Bake in the preheated oven for 12-15 minutes, or until the shrimp are pink and opaque .
 7. Garnish with additional chopped Italian parsley and lemon slices. ENJOY!!!!
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Authentic Italian baccala

Authentic Italian baccala

Authentic Italian Baccala is the name for cod that has been cured or preserved with salt. The resulting fish is pleasantly flaky in texture with an irresistibly intense but never fishy- flavor. In Italy , baccala is a celebrated fish and a fish for celebrations. Growing up Baccala with potatoes was always a part of the feast of seven fishes on Christmas eve. Sometimes my mother would make it like a salad, that consisted of the prepared cod and potatoes with a simple extra virgin olive oil and freshly squeezed, either way it was delicious. When it comes to carrying on tradition it can often mean extra work as it takes us back to a time where ingredients were less abundant. Since the fish is preserved/dried with salt, before it is edible it needs to be soaked in water and changed frequently to reconstitute it and remove the salt.

Top tips when making authentic Italian baccula

Changing the water: Baccula has a ton of salt and nothing would be worse than rushing this process and ruining your Holiday meal. I let it go for three days changing the water every day. Trust me on this – I see plenty of baccula recipes on line you only need to soak the fish for 24 hours. In my experience that simply won't work and you will be left with inedible overly salted pieces.

This authentic Italian baccula recipe is steeped in Italian heritage, is more than just a meal- it is a celebration of flavor and family . Whether served during festive holidays or as a comforting weeknight dinner, it's delicate , savory taste highlights the essence of Italian cooking.

If you make this baccula please leave a comment about your experience with the recipe. I love hearing from you, and it helps others. THANKS!!!

Ingredients

- 2 lbs. dried salted baccula
- 2 Tbsp. olive oil
- 1 cup chopped onion
- 2 Tbsp. minced garlic
- 1 Tbsp. red hot pepper flakes
- 2 cups cherry tomatoes
- 1 28 oz. crushed tomatoes
- 1 cup red wine
- 4 potatoes peeled and cut in medium cubes
- 1/2 cup chopped Italian parsley

Instructions

1. Start by soaking the cod. This step takes three days

with the water being changed every day. Then remove pat dry and cut into equal size pieces

2. Then in a stock pot in the olive oil fry the fish . remove and set aside.
3. In the same pot add the red pepper flakes, onion and garlic and cook until soft and translucent .
4. Then mix in the cherry tomatoes and the diced potatoes. coating then with the onion mixture. Now deglaze the pan with the red wine, waiting until it evaporates before adding in crushed tomatoes. Rinse out the can and add about a cup of the liquid. Cover and simmer until the potatoes are fork tender. Return the baccala back to the pot just to heat through. Add the Italian parsley, Ladle into pasta bowls, top with additional parsley. ENJOY!!!!

Reduction wine sauce Filet Mignon

reduction wine sauce Filet Mignon

Filet mignon, renowned for it's buttery tenderness and mild flavor transforms into something extra special when paired wild a luxurious wine reduction sauce. This simple yet elegant addition combines the bold richness of red wine with shallots and fresh herbs creating a sauce that enhances the steak's natural juiciness A wine reduction sauce is surprisingly easy to make. With just a few high – quality ingredients and a bit of patience, you can make a dish that is restaurant- worthy.

Pair your filet mignon with this sauce and serve with roasted vegetables and creamy potatoes for a meal perfect for special occasions or when you want to indulge.

Three tips for perfect reduction wine sauce filet mignon

1. Allow your filet mignon to come to room temperature for about 30 minutes before cooking. This ensures even cooking, and a perfectly seared crust and a juicy interior.
2. Season generously both sides of the steak . Use a heavy bottomed skillet like cast iron. Preheat it well before adding the oil . Sear the the filets 4-5 minutes per side for medium rare and a beautiful crust. Cook longer or shorter for your desired doneness. Let the meat rest to retain juices before slicing.
3. After searing steaks deglaze the pan with the wine , scraping up the flavorful bits. TIME MANAGEMENT. In the restaurant we used to say “timing is everything” and timing is everything when your cooking time

Ingredients

- 2 filet mignon steaks (6-8 oz. each)
- Salt and freshly ground pepper
- 2 Tbsp. olive oil
- 6 Tbsp. butter divided
- 1 small minced shallot
- a few sprigs of rosemary and thyme
- 1 cup red wine
- 1 cup beef stock

Instructions

1. Start by patting the steaks dry with paper towels. Then generously season both sides with salt and pepper.
 2. Heat a cast- iron skillet over medium high heat until smoking hot. Add the olive oil and let it shimmer. Place the steaks in the pan and sear for 4-5 minutes pre side for medium rare.
 3. Add 2 Tbsp. of the butter tilt the pan and spoon the melted butter over the steaks for added flavor, while cooking.
 4. Remove the steaks from the skillet tent with foil while preparing the wine reduction sauce.
 5. In the same pan , add 2 Tbsp. of butter and the shallots cook until the shallots are soft and fragrant (4-5 minutes). Add the red wine and beef stock scrap up the brown bits from the bottom , add the rosemary and thyme and let it simmer until reduced by half about 10 minutes. Then whisk in the remaining 2 Tbsp. of cold butter cubes to create a glossy finish.
 6. Slice the steaks on a diagonal pour the sauce over it.
ENJOY!!!!
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Tuscan salmon for two

Tuscan salmon for two

Are you looking for an easy and impressive Holiday dinner? Yepee!!! I got one for you, not only is this Tuscan salmon dinner for two easy it's delicious, quick and EASY!!! Rich and creamy , crisp on the outside, flaky and juicy on the inside,

restaurant quality pan seared salmon you cook at home!!!It can be on your table in 30 minutes or less, making it quick enough for busy week day meals, and fancy enough for Saturday date night dinners at home .

Things to know about this Tuscan salmon for two

First the ingredient list is for two restaurant size portions. You can easily double the recipe to fit your how many you want to feed.

The other thing about salmon, don't over cook it, it should be flaky and be sure to use a big enough saute pan so the fish isn't crowded or the salmon wouldn't be seared, it will be more like boiled YUCK!!!! Season the salmon just before cooking to prevent the salt from drawing out the moisture in the fish. Leave the juices in the pan, that's where the flavor is. In the restaurant we use white wine to de glaze the pan. Salmon is great on it's own, but when you add a creamy sauce you get a super delicious dinner, your guest will think took hours to prepare. They won't believe that this restaurant style salmon recipe comes together in less than 30 minutes. This recipe is as easy as a throw-together plain pasta dish. Actually cook up some pasta el dente, it's prefect served along side the salmon, or toss the pasta in the creamy, sauce for a complete dinner. This salmon dinner will look elegant on your table, when served in these beautiful white dinner plates food looks good on white plates, that's the color we use at the restaurant.

If you make this delicious salmon dinner ,please leave me a comment, I love hearing from you, and please don't forget to tag me on Instagram. I love hearing from you, it's my favorite part. Thanks!!!

Ingredients

- 2 skinless – boneless salmon fillets about 6 oz. each
- 2 Tsp. each garlic + onion + paprika powder
- 2 Tbsp. minced garlic
- 1/2 cup chopped onion
- 2 cups cherry tomatoes
- 1 cup white wine
- 1 cup chicken stock
- 1 cup heavy cream
- 2 cups chopped spinach
- 1/2 cup grated parmesan cheese

Instructions

1. Start by washing your fish and patting dry. Season with the garlic, onion, and paprika powder. Salt and pepper to taste.
2. In a saute pan over medium high heat add the butter and olive oil. Once it's hot add the salmon fillets and cook until brown on both sides. About 3-5 minutes per side

depending on the thickness of the salmon. Then remove and set aside.

3. In the same pan add the minced garlic and chopped onion, cook until soft and translucent. Then add the cherry tomatoes cook until the tomatoes blister. Deglaze the pan with the white wine. Waiting until it evaporates, then add in the chicken stock and cream. Simmer until sauce thickens 10-13 minutes. Add the spinach and parmesan cheese the last three minutes. Return the salmon back to the pan just to heat through. ENJOY!!!!
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one pot pasta with potatoes

one pot pasta and potatoes

There is something magical about simple, rustic recipes that warm your heart as much as your stomach. One pot pasta and potatoes or pasta e patate is a beloved pasta dish in Italian households, a true testament to cucina povera- Italian peasant cooking that transforms humble ingredients into something delicious.

The recipe is the essence of simplicity, combining tender pasta, creamy potatoes, and herbs in a single pot. The starch from the potatoes and pasta create a naturally creamy sauce, perfectly flavored with pancetta, garlic and onions. It's a meal that feels like home for me , whether I am serving it on a cold winter night or as a quick weeknight dinner.

The beauty of one pot -meals isn't just in the ease of cleanup-it's the way the flavors melt together, creating flavor that is timeless and effortless.

Here's why this one-pot pasta and potatoes stand out

One-pot pasta and potatoes has a lot going for it here's why

1. The combination of pasta and potatoes creates a creamy, hearty texture that's filling and satisfying, perfect for chilly nights.
2. Simple and accessible: You only need a handful of pantry staples: pasta, potatoes, and a few aromatics. The only ingredient you may need is pancetta and here you could use bacon. Or for a vegetarian option leave it out completely.
3. One-pot convenience: Minimal cleanup is always a win!!!Cooking everything in one pot not only makes for easy cleanup but also allows the ingredients to infuse each other with flavor.
4. Economical and filling: Combining two carbs (pasta and potatoes) with pancetta creates a hearty meal that's budget -friendly and delicious. Whether you are cooking for a cozy weeknight dinner or looking for a dish that feels like home this recipe delivers every time. With it's rich, creamy texture smoky pancetta, and minimal cleanup, it's destined to become a family favorite.

Ingredients

- 1/2 Lb. short pasta
- 2 Tbsp. olive oil
- 1 cup chopped onion
- 1 Tbsp. minced garlic
- 1 cup diced pancetta
- 2 Tbsp. tomato paste
- 3 cups chicken stock
- 3 cups small diced potatoes
- parmesan rind

- a few rosemary sprigs
- 1 cup shredded provolone

Instructions

1. Start in a stock pot over medium high heat in the 2 Tbsp. of olive oil by cooking the pancetta until crisp.
 2. Then add the onion and garlic and cook until soft and translucent. mix in 2 Tbsp. of tomato paste , Then add the potatoes and mix to coat with the cooked ingredients in the pot. Salt and pepper. Then add the stock, parmesan rinds and a few sprigs of rosemary.
 3. Cover and simmer on low until the potatoes are fork tender , about 20 minutes. Then add the pasta and cook until the pasta is el dente about 9 minutes longer.
 4. Take it off the fire and mix in the shredded provolone cheese . Mix to melt the cheese.
 5. Ladle into pasta bowls , top with more grated parmesan and fresh chopped Italian parsley. ENJOY!!!!
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Roast spatchcock chicken with vegetables

Roast spatchcock chicken with vegetables

This roast spatchcock chicken with vegetable is delicious, easy to make and ready in less than 1 hour.

There is something undeniably satisfying about serving a perfectly roasted chicken, but when you take it up a notch with the spatchcock technique, the results are next-level. spatchcock, where the backbone is removed and the bird is flattened, allows for even cooking and a irresistible crispy skin. It's a simple adjustment that transforms a traditional roast chicken into a culinary masterpiece.

I first discovered this method a few years ago when cooking Sunday dinner for my family and friends. My mom always taught me to roast the chicken the traditional way, but on this day time was short. I needed a way to cook the chicken faster without sacrificing any flavor or appearance. Enter the spatchcock technique -a game changer.

What I love most about this Roast spatchcock chicken with vegetables

What I love most about this spatchcock method of roasting chicken is how it creates perfectly even cooked chicken every time. The flattened chicken cooks faster, so your not left waiting for the thickest part of the breast to finish cooking. The exposed surface means more even seasoning and golden-brown crispy skin = the best part in my opinion. Plus it's easy to prepare and you have a complete restaurant quality meal that is on your table from start to finish in less than an hour.

This Roast spatchcock chicken with vegetables is more than just a cooking recipe – it's a way to elevate a classic meal into something truly impressive. Whether you are preparing it for a family dinner or for a holiday gathering with friends, spatchcock chicken with vegetables is bound to steal the spotlight. Once you have tired this method of roasting chicken there is no going back.

I hope this recipe inspires you to give this roast spatchcock chicken with vegetables a try. If you do, let me know how it turns out- I'd love to hear about your experience with the recipe. THANKS!!!

Ingredients

- 1 whole chicken 4-5 lb.
- 1 stick of butter
- 1 Tbsp. each garlic + onion+ paprika powder divided in half we are using half to season the compound butter and the other half to season the vegetables
- 1 Tbsp. rosemary + 1 Tbsp. Italian parsley
- 4 medium peeled and cut in half potatoes
- 4 peeled and cut in half carrots
- 2 peeled and quartered onions
- 2 Tbsp. olive oil
- 1 cup white wine
- 1 sliced lemon
- salt and pepper to taste

Instructions

1. Start by cleaning out the cavity of your chicken then wash and pat dry. Lay the chicken breast bone down on a cutting board. Hit the back of the chicken hard with a mallet to loosen the back bone. Then using a knife or a pair of chicken scissors cut the backbone away from the chicken.
2. Turn the chicken around and push down with your hands to flatten the chicken. Salt and pepper to taste.
3. Then make the compound butter: In a bowl add soft butter, garlic, onion, paprika powder and mix to make a pasta.
4. Spread the compound butter all over the chicken top with the chopped rosemary and Italian parsley.

5. Lay the vegetables on a baking sheet drizzle with the olive oil, and the remaining spices you used to season the compound butter. salt and pepper to taste.
 6. Lay the chicken on top of the seasoned vegetables, add the lemon slices and roast in a preheated 400- degree oven for 45 minutes. Add the wine the last 15 minutes. Let the chicken rest for 10 minutes before cutting. Pour the pan juices over the top. ENJOY!!!!
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Meatball Sunday sauce

Meatball Sunday sauce

There's something special about Italian Sundays, and meatball Sunday sauce where life slows down, and the kitchen becomes the heart of the home. For many Italian families, including my family, Sundays and sauce go together like peanut butter and jelly. Sunday sauce- a tradition that speaks to generations of love, warmth and togetherness. My easy and quick version, with tender, flavorful, meatballs is tribute to those cherished moments and the joy of sharing good food with loved ones. It's more than just a meal-it's a ritual, an experience, and for many, a tradition passed down through generations.

Sunday sauce doesn't have to be an all- day affair to feel like a special home- cooked meal. My version is designed for the modern home cook- easy to make, quick to assemble, with just 1 1/2 hours of cook time. It's a perfect recipe to prep ahead of time. With tender meatballs and a rich tomato sauce, this Meatball Sunday sauce recipe delivers all the flavor of a

traditional Italian Sunday meal without hours in the kitchen.

Why this Meatball Sunday sauce is prefect for busy days

Minimal prep: The ingredients are straightforward and easy to find, no need for fancy techniques or equipment.

Quick Assembly: With a streamlined process, you can have the sauce simmering and the meatballs prepped in under 30 minutes.

Make- ahead friendly: Both the meatballs and the sauce can be prepared ahead of time and stored in the fridge for three days or frozen for up to three months. And then reheated for an effortless ready made meal that taste like you spend the whole day cooking.

Versatile: This Sunday sauce can be served over pasta, polenta, or even on it's own with a side of crusty bread.

Meatball Sunday sauce doesn't have to be complicated to feel special- this recipe proves that a hearty, flavor meal can come together easily. Whether you enjoy it just made or make ahead, this dish is guaranteed to bring joy and Italian tradition to your table.

If your looking for more authentic easy Italian Recipes try my easy Sicilian Potato Salad (no Mayo) for an easy side dish everyone loves, Or Acqua Pazza "fish in crazy water, or a light healthy dinner that comes together in minutes

Ingredients For the Meatballs

- 2 eggs
- 1/3 cup milk
- 1 cup day-old bread, crust removed (or 1 cup plain breadcrumbs)
- 1/3 cup grated parmesan

- 2 Tbsp. chopped Italian parsley
- 1 Tbsp. finely minced garlic + 1 teaspoon garlic powder
- 1/4 cup finely chopped onion + 1 Tbsp. onion powder
- 1 Lb. lean ground beef
- Salt and pepper to taste
- INGREDIENTS FOR the Sauce
- 2 Tbsp. olive oil
- 1 small onion
- 1 handful
- Italian parsley
- 3 cloves of garlic
- 2 San Manzano 14 oz. crushed tomatoes
- 1 San Manzano 14 oz. can tomato sauce
- 1 Tbsp. oregano
- 1 cup water from rinsing out the tomato cans
- A few fresh basil leaves
- 1 Tbsp. butter

Instructions

1. Start by making the sauce. Chop the onion, garlic and Italian parsley into almost a paste. Then in 2 Tbsp. of olive oil over medium high heat saute the paste until soft and fragrant.
2. Add the tomatoes rinse out the cans with a little water and add to the stock pot. Bring to a slow simmer. cover and simmer for 1 hour. In the meantime make the meatballs: Preheat your oven to 375- degrees In a bowl add the eggs, milk, cheese and bread. Let sit for 10 minutes. Then add the rest of the meatball ingredients except for the ground beef and mix until well combined. Then add the ground beef, and mix just until well mixed. With wet hands form the meat into golf size balls. You should have 10 meatballs with this amount of ingredients.
3. Bake the meatballs on a parchment lined cookie sheet for 10 -12 minutes or until just beginning to brown.

4. After the sauce has been simmering for 1 hour. Add the baked meatballs and simmer the Sunday sauce for 1 hour longer. Add 1 Tbsp. of butter for a rich finish, and fresh basil. ENJOY!!!!
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Sausage mushroom sauce polenta

Sausage mushroom sauce polenta

If your looking for the ultimate comfort food that's both hearty and delicious, sausage mushroom sauce polenta is what to make. This dish is the epitome of rustic Italian cooking, blending savory spicy sausage, earthy mushrooms, and velvety polenta into a meal that warms your heart and soul. Whether served as a casual family meal or Saturday night dinner with friends, it's a guaranteed hit.

Tips for making sausage mushroom sauce polenta

1. Choose the right sausage and mushrooms: When I make this dish i like using spicy Italian sausage for it's bold flavors, and pairs well with cremini mushrooms. The sausage adds a savory depth, while the earthy mushrooms balance the richness. of course you can use any mushroom that you prefer or mild Italian sausage. A splash of red wine makes the sauce even more flavorful- trust me, it's

worth it.

2. Slow cooked polenta is key: polenta reminds me of my Italian childhood- it's comfort food through and through. Stirring the polenta slowly and consistently ensures it turns out creamy and lump-free. Adding parmesan makes it indulgent. the way my family used to enjoy
3. Layer flavors: One trick I learned is to season each layer. Saute the sausage and mushrooms with onion and garlic , then let the sauce simmer gently. This brings out deep, complex flavors that makes this dish delicious and unforgettable. Enjoy every moment while making this- it's one of those meals where the love you put into it really shines through!!!

Ingredients

- 2 Tbsp. olive oil
- 1/2 lb. sliced cremini mushrooms
- 1 cup chopped onions
- 1 Tbsp. minced garlic
- 1 lb. spicy Italian sausage crumbles
- 1/2 cup red wine
- 2 cups marinara sauce
- salt and pepper to taste
- INGREDIENTS FOR THE POLENTA
- 2 cups chicken or vegetable stock
- 1 cup milk
- 1/2 cup grated parmesan cheese
- 2 Tbsp. chopped Italian parsley
- 2 cups polenta
- salt and pepper to taste

Instructions

1. Start by making the sauce in a saute pan over medium high heat, in the olive oil cook the mushrooms until beginning to brown. Then add the onions and garlic and continue cooking until soft and translucent.
 2. Then add in the sausage cook until brown. Deglaze the pan with the red wine, waiting until it evaporates before adding in the marinara sauce and simmer for 15-20 minutes. In the meantime make the polenta.
 3. In a sauce pan add the stock and milk. Bring to boil , then lower the heat to a simmer. Slowly add in the cornmeal, stirring continuously. When the polenta begins to thicken about 10 minutes , add in the grated parmesan, parsley, salt and pepper. Adjust the consistency, if too dry add more stock. It should be the consistency of mash potatoes. Add in the Italian parsley. Continue cooking for 5 minutes longer.
 4. Spread the polenta on a platter top with the sausage mushroom sauce top with additional parmesan top with chopped Italian parsley. ENJOY!!!
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Italian Stracotto Italian pot roast

Italian Stracotto pot roast

Italian Stracotto pot roast is a recipe common in most regions of Northern and Central Italy. Stracotto which translates to overcooked in Italian is a tender, slow cooked pot roast. It's

the kind of dish the fills your kitchen with that irresistible warm aromas , drawing everyone to the table in anticipation.

Unlike a typical roast that might be seared and cooked quickly, stracotto embraces the art of slow cooking. The result is a piece of meat so tender it practically melts in your mouth, full of deep , rich flavors of the cooking liquid. Traditional make with cuts of beef chuck or beef brisket that thrive in a long, slow braise. It's the kind of meal that brings people together, the kind you linger over with a glass of wine and good conversation.

Why I love this Italian Stracotto pot roast

This recipe is so lovable because it's a perfect blend of simplicity, tradition and comfort. Stracotto celebrates the art of slow cooking where time transforms humble ingredients into something extraordinary. The tender beef, infused with flavors of wine, herbs and tomatoes feels like I am a little girl in my mothers kitchen.

What I like most is how easy and versatile this pot roast recipe is. With just 15 minutes of prep time and 3 hours of cook time you have a meal that's steeped in tradition and it's delicious. Not only is it easy to make it's versatile too. You can serve it with polenta, mashed potatoes or even pasta to soak up the rich savory sauce.

For me Italian stracotto pot roast isn't just a meal , it's a connection to family, tradition, and the simple joys of Italian cooking. Every bite has the flavors of my childhood , and I love that it can create those same cherished memories for others. Whether served on a special occasion or as a hearty Sunday dinner, Italian stracotto pot roast is a timeless recipe that showcases the warmth and love of Italian

cooking. Try it for yourself, and let me know your experience with this recipe. I love hearing from you and it helps others . THANKS!!!

Ingredients

- 3-4 Lbs. chuck roast
- 2 Tbsp. olive oil
- 1 cup diced pancetta
- 2 Tbsp. minced garlic
- 1 cup each chopped onion+ carrots + celery
- 1 cup red wine
- 3 cups beef broth
- 1 14 oz. can crushed tomatoes
- a few sprigs of rosemary, thyme and a few bay leaves
- salt and pepper to taste

Instructions

1. Start by salt and peppering the meat. Then in a dutch oven in the olive oil over medium high heat sear the meat on all sides.
2. Remove and in the same pot add the pancetta and cook until crisp . then add in the carrot, celery and onions and cook until soft and translucent.
3. deglaze the pan with the red wine waiting until it evaporates before adding the beef stock. Then add in the stock, marinara sauce , the herbs and return the meat back to the dutch oven.
4. Simmer covered for 2 1/2 -3 hours or until the meat is fork tender. ENJOY!!!!