

Italian beef Bracirole recipe

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This Italian beef bracirole recipe is made with thinly sliced, tender strips of beef filled with cheese and breadcrumbs rolled up then fried and slow cooked in a rich marinara sauce. In Italy, people rarely had access to tender more expensive cuts of meat, so they either ground it for things like sausage or meatballs or they made things like bracirole, which is slow cooked to tenderize an otherwise tough piece of meat. It is a childhood favorite of mine. very easy to make too!!!

An overview of this Italian beef bracirole recipe

Italian beef bracirole is typically made using thin slices of beef. Common cuts include top round, flank steak or sometimes pork depending on the region. The meat is pounded thin, stuffed with a flavorful filling, then rolled, tied, fried and simmered in a tomato sauce until tender. Beef is the traditional choice, but pork bracirole can also be found, offering a slightly different taste.

Because bracirole is cooked long and slow, you are able to turn a tough piece of meat into a tender delight. If you can't find pre-sliced meat, start by slicing your meat very thin 1/4 inch thick or less and slices should be 8 to 10 inches in length. Roll each piece tightly and secure so they do not open you can use toothpicks or kitchen twine to secure.

You have to try this recipe. Every family has their own variation on this Sunday Sauce, this is my. When you make these Italian beef bracirole please leave me a comment on your experience with this recipe. I love hearing from you. It's my favorite part!!!

Ingredients

- 2 Lbs. about 8 thin top round steaks
- 2 Tbsp. finely minced garlic
- salt and pepper to taste
- 2 cups bread crumbs
- 1/2 cup grated parmesan
- 1/2 cup Italian parsley
- 1 egg
- 8 cups my each marinara sauce

Instructions

1. Start by covering the meat with plastic wrap and pounding thin with a meat mallet. Divide the garlic among the meat rubbing it into the meat. Then salt and pepper to taste.
2. Make the filling by mixing the breadcrumbs, parmesan, , parsley and the egg. salt and pepper to taste
3. Place a generous tablespoon of the filling in the center of the beef steaks. Roll up the meat jellyroll style. Tucking in the sides. Secure with kitchen twinge or toothpicks.
4. In the sauce stock pot that you make the sauce fry the braciola in the olive oil until brown on all sides. Do this in batches so as not to crowd the pan. Remove and set aside. Then in the same pan make my easy marinara sauce.<https://lorianasheacooks.com/real-easy-marinara/>
5. Add the braciola's to the marinara sauce and simmer 1 hour longer. ENJOY!!!!