



Lia's Brasciole

Servings: 4

Growing up with my grandparent's was an amazing culinary adventure. My grandfather was from Sicily and emigrated here back in the 1920's. He became one of the leading sales reps in the NY City area for Progresso Foods when these products were first being imported from Italy. Because he and my father were food brokers, I had access an amazing pantry in the basement of high quality Italian ingredients. Many weekends were spent, not playing outside with friends, but in the kitchen developing creative meals for the family. This long-term love for cooking encouraged me to start my own personal chef service 4 years ago here on Long Island. Since I cook for clients and need to make many meals at one service, I've developed ways in which to incorporate my pressure cooker to handle long cooking tasks. This recipe for brasciole are done in a much shorter amount of time, but are really tender as if they were braised for hours. The sauce is also delightful with your favorite pasta.

4 each thin sliced beef, top round sliced thin for brasciole

1/2 cup bread crumbs

2 cloves garlic

1/2 medium onion

1/4 cup flat leaf parsley

1/4 cup grated parmesan cheese

2 tablespoons pine nut (pignolia)

3 tablespoons raisins

1 each egg white

salt and pepper, to taste

4 slices prosciutto

1/4 cup flour

2 tablespoons butter

2 tablespoons olive oil

1 can (28 oz) crushed tomatoes

1/4 cup red wine

1 tablespoon italian seasoning

Pressure Cooker

kitchen twine

Process the garlic, onion, and parsley until finely minced in a chopper or food processor. Blend this mixture with the bread crumbs, cheese, salt, pepper, pine nuts, raisins and egg white.

Lay a slice of prosciutto over a piece of brasciole meat. Place the stuffing on top of the prosciutto. Roll and tie with twine to secure. Dredge the rolls lightly in flour and set aside.

Heat the pressure cooker and add the butter and olive oil. Brown the brasciole rolls on all sides. You may have to do this in batches to fit in the cooker. When finished browning, remove meat and add the wine to deglaze pan. Add the crushed tomatoes and the italian seasoning. Add the rolls back to pressure cooker (it is okay to stack them on top of each other) and bring the sauce to a boil. Close the lid and cook the rolls for 20 minutes, (you may need to vary the time depending upon your pressure cooker, and the number and thickness of the rolls). Release the pressure naturally. If the rolls are not tender enough (test with a fork), you can

continue to simmer them in the sauce until desired doneness or recover the pressure cooker and cook for an additional 10 minutes, and check again. Taste the sauce and season with salt and pepper, to taste.

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Recipe Source:

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ChefLia.com