



Beef Braciole

A traditional Italian dish of tender, fall-apart flank steak, stuffed with cheese and breadcrumbs. Shared by our friend Katelyn @FarmCharmHomestead.

Servings: 2 to 4

Ingredients

- 1.5-2 lb. flank steak, pounded to 1/4" thick
- 1/2 cup grated parmesan cheese
- 1/2 cup grated provolone cheese
- 1/3 cup Italian breadcrumbs
- 2 Tbsp. Italian parsley, finely chopped
- 2 Tbsp. finely chopped garlic
- 2 Tbsp. salted butter
- 1 cup white wine OR beef broth
- 3 cups tomato sauce
- Butcher's twine

Directions

1. Preheat your oven to 300 degrees F.
2. Pound out the flank steak to make it thinner and easier to roll. Pound it for about a minute, getting it as thin as possible, Dust both sides of the flank steak with salt and pepper.
3. In a medium bowl, mix together the parmesan, provolone, breadcrumbs, parsley, and garlic. Spread this mixture evenly on top of the flank steak, leaving about 1/4 inch border around the steak.
4. Next, roll up the steak from the long end and tie it closed with 3-4 pieces of butcher's twine.
5. Melt the butter in a Dutch oven over medium-high heat and brown all sides of the steak, turning every 2 minutes until a nice crust forms on the meat.
6. Add in the white wine or beef broth and bring to a boil. Scrape the brown bits off the bottom of the pan with a wooden spoon. Simmer for one minute. Pour tomato sauce over the steak, cover with a lid, and place in the oven.
7. Roast for 1.5 hours in the oven, basting every 30 minutes with the tomato sauce.
8. Once it is finished in the oven, set it on a cutting board, cover loosely with foil, and let it rest for 10 minutes.
9. Use a serrated knife to slice the meat, removing the butcher's twine as you go.
10. Spoon some sauce over the slices and serve with some freshly shaved parmesan cheese and a sprinkle of parsley. Serve with pasta and enjoy!



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