

TRADITIONAL RECIPES

BRAISED BEEF WITH BAROLO

INGREDIENTS:

- $\frac{1}{2}$ TBS BUTTER
- 1 OZ. LARD
- 1 ONION
- 1 CLOVE GARLIC
- 1 CARROT (CUBED)
- 1 CELERY (STALK)
- 1 SMALL BUNCH FRESH ROSEMARY
- 1 BAY LEAF
- 1 PINCH CINNAMON
- SALT PEPPER
- 1 CUP BAROLO WINE
- $\frac{1}{2}$ CUP RUM

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INTRODUCTION

SERVE 4:

- *Place a small veal rump roast (2lb.) in a copper pot with the ingredients except the barolo and the rum.*
- *Cook until the meat is slightly browned, then add 1 cup barolo wine.*
- *Simmer slowly and when the wine is almost completely evaporated,*
- *Add several ladles of warm water.*
- *Cover and cook over a low heat for about 1 ½ hours.*
- *Slice the meat,*
- *Rub the seasoned drippings through a sieve and*
- *Return both to cook,*
- *Fifteen minutes before serving,*
- *Add ½ cup rum.*
- *Serve hot.*

Time = 2h

1 tbs = table spoon

