



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



Braciola (SUNDAY SAUCE PT 1)

In many Italian American households, Sunday was a day dedicated to family and a large, leisurely meal. In my house, Sunday dinner would always include macaroni with "*Sunday sauce*" on top. Traditional Sunday Sauce always included meatballs, sausage, pork ribs, and **Braciola** and was cooked for hours.

Everyone makes their Braciola differently, depending on the region of Italy from which your family comes. Some add prosciutto; many include eggs, nuts, and raisins, while others use spices and cheese. This is the way my grandmother used to make it.



PREP TIME: 15 MINUTES FRY TIME: 15 MINUTES
SUNDAY SAUCE TIME: 4 HOURS



INGREDIENTS

- 4 pieces of sliced top-round beef (sliced 1/4 inch thick)
- 4 tablespoons of olive oil
- 2 teaspoons of kosher salt
- 1/2 teaspoon of black pepper
- 1 tablespoon of granulated garlic
- 1 tablespoon of basil
- 1 tablespoon of parsley
- 2 tablespoons of grated pecorino romano cheese
- 1/4 lb. of sliced Genoa Salami (approx. eight slices)

INSTRUCTIONS

1. Place the sliced beef pieces on parchment paper, arranging them next to one another. Ensure the smaller side of the strip is positioned at the bottom.
2. Brush each piece of beef with olive oil, then evenly add the salt, pepper, granulated garlic, basil, parsley, and grated cheese to each piece of meat. Add Genoa salami on top of all the other ingredients.
3. Roll the meat from the bottom up, covering each end. Tie one piece of string to the top and bottom of each roll. Ensure they are tied tightly so they won't open during cooking. Cut off any excess string. Set aside.
4. You will start your Sunday Sauce by frying your Braciola in a saucepan along with your pork, sausage, chopped onions, and garlic.

Check next month's recipe to learn how to make the meatballs to put into your traditional Sunday Sauce.



Look for more recipes in the next edition of the SIAMO QUI