

BRACIOLE

Ingredients:

1 (1 1/2-pound) flank steak
2 garlic cloves, crushed
2/3 cup grated Romano cheese
1/3 cup grated provolone
2 tablespoons chopped fresh Italian parsley leaves
5 tablespoons olive oil
Salt and freshly ground black pepper
1/2 cup Seasoned bread crumbs



- Mix bread crumbs, crushed garlic, Romano cheese, Provolone cheese and chopped parsley in a medium size bowl.
- Season mixture with salt and pepper.
- Add Olive Oil to dry ingredients to make a moist mixture. Set aside mixture.
- Lay the flank steak flat on cutting board. Cover the flank steak with the moist seasoned mixture evenly.
- Starting at one end, roll up the steak like a jelly roll. Start rolling from short side.
- Stick a tooth picks through the rolled up steak to secure it. Or use butchers twine.
- In a frying pan using olive oil, brown the Braciolo.
- After the meat has been browned add it to your tomato sauce (a Marinara sauce) and simmer for 1 ½ hours.
- Remove the Braciolo from the sauce. .
- Cut the Braciolo crosswise into 1-inch-thick slices.
- Transfer to a serving dish and cover with some of your tomato sauce.
- Serve with any pasta dish