

Bracirole (courtesy of Matt Prologo)

Ingredients

2 lbs. Flank Steak, butterflied and pounded 1/8 inch thick
1 28 oz. crushed tomatoes (2 cans if making sauce for pasta)
½ cup grated Parmesan cheese
1 cup Mozzarella and Provolone cheese combined
½ cup curly parsley, chopped
¼ cup fresh basil, chopped
7-8 cloves of garlic, finely chopped
½ cup Italian Seasoned Panko bread crumbs
1 cup dry red wine
2 hard boiled eggs quartered
1 egg beaten
¼ lb. prosciutto, thinly sliced
1 medium onion, chopped
Extra Virgin Olive Oil
Salt and pepper
Butcher twine to secure bracciole

Preparation

In medium bowl place cheeses, parsley, basil, breadcrumbs, beaten egg and mix thoroughly. Set aside.

Salt and pepper the pounded steak, take the garlic and scatter evenly over the steak and add the unused garlic into the bowl and mix. Place prosciutto slices over the meat surface then place the mixture from the bowl and spread evenly over the prosciutto. Make sure the grain of the beef is running left to right. At the edge of the flank steak closest to you, line the top with the quartered eggs in a single row. Take the edge of the steak and use the eggs to help roll away from you and keep rolling until you reach the bottom. Use butcher twine to secure the roll at the ends and in the middle.

In large skillet, warm ½ cup of extra virgin olive oil over medium high heat. Add the Bracirole and sear evenly over all sides. Remove from skillet. Take the hot oil from the skillet and add to the roast pan, add onions and stir until softened, place Bracirole in center and pour can of crushed tomatoes over meat and in pan, add ¼ can of water and wine and stir. Place cover over pan and cook on medium low for 1 hour and 20 minutes. If making pasta, after 1 hour add another can of crushed tomatoes, add basil stir and cover for another 20-30 minutes.

Alternately, if baking in oven, after onions are softened add Bracirole, both cans of crushed tomatoes, ½ can of water, wine, basil and stir. Cover and bake for 2 hours at 320°.