

Chef from the Hood Recipes



Chef:

Dan Berman, Culinary Director

Restaurant:

What's Cooking at Fiesta & Pacific Markets

Recipe:

Beef braised in Barbera!

Chef Dan Berman says, "Every region of Italy makes a stew or stufati and braised meat dishes called brasati. This week at Fiesta and Pacific Markets we pay tribute to Torino, a city in the region of Piemonte, which is hosting the 2006 Winter Olympics.

In this mountainous region of Italy, known for its cold winters, the popular local brasati starts with a whole piece of meat that is first browned in fat then slowly simmered in wine. Vegetables, which have also simmered in the pot, are then pureed with the cooking liquid, becoming a simple yet deeply flavored sauce. Finally, the meat is sliced, plated with the sauce and is usually served with a potato puree and braised baby carrots.

Slowly cooking an inexpensive cut of meat to prepare a meal for the family is typical of creative Italian cooking. With a quality Barbera, a multifaceted wine from the same region, this main course is truly extraordinary. Since everyone loves this brasati, you'll probably not have any leftovers. But if you do, it's even better the next day."

Ingredients:

- 3 tablespoons olive oil
- 2 stalks celery, finely chopped
- 3 carrots, peeled, and finely chopped
- 2 cloves garlic, crushed
- 1 onion, chopped
- Sprig of rosemary
- 3 pounds bottom round or beef chuck in 1 piece
- 2 1/2 cups Barbera, (or other full bodied red wine)
- Kosher salt and fresh ground black pepper
- Freshly grated nutmeg
- Optional: pureed potatoes, 3 or 4 braised whole baby carrots, & perhaps a small sprig of fresh rosemary on each plate

Preparation:

Procedure: Heat the olive oil in a heavy pot, casserole or Dutch oven (a good sturdy pot with a cover). Add celery, carrots, garlic and onion. Cook for about 5 minutes or until soft. Add rosemary and beef. Brown meat lightly, then pour in wine. Simmer, covered, 2 1/2 hours or until tender. Remove the meat and keep warm. Pour cooking liquid with vegetables from the pot into

a blender or food processor. Process until smooth. (Be careful, hot liquids expand. Do this in small batches if needed.) Taste the sauce and season with salt, pepper, and nutmeg. Return sauce to the cooking pot to reheat. Slice the meat and plate (with optional warm pureed potatoes and braised carrots). Pour the sauce over the top; yourself a glass of wine; and enjoy the Winter Olympics, Torino style!

Serve immediately. **Recipe serves 8**