

## Bracciole

Recipe courtesy Emeril Lagasse, 2004



### Recipe Summary

**Difficulty:** Medium

**Prep Time:** 20 minutes

**Cook Time:** 2 hours 50 minutes

**Yield:** 6 main course servings

**User Rating:** ★★★★★

12 thin (1/4-inch thick) slices bottom round beef (about 2 1/2 pounds)

1/4 cup olive oil

6 tablespoons melted butter

Salt and freshly ground black pepper

6 cloves garlic, minced

6 tablespoons finely grated Parmesan

1 cup Italian-style bread crumbs

1/2 cup chopped fresh parsley leaves

1/4 cup chopped fresh basil leaves

4 hard-boiled eggs, chopped

2 tablespoons capers, drained

2 teaspoons Essence, recipe follows

Emeril's Meatballs, recipe follows

1 onion, thinly sliced

1 cup red wine

1 recipe Marinara Sauce, recipe follows, or 8 cups of your favorite marinara sauce

Pasta, for serving

Place the beef slices between sheets of plastic wrap, working 1 or 2 at a time, and pound with a meat pounder or rolling pin until very thin, about 1/8-inch thick. Remove the plastic wrap and repeat with the remaining meat slices. Rub the meat slices on both sides with 2 tablespoons of the olive oil and the melted butter. Season the meat on both sides lightly with salt and pepper.

In a mixing bowl combine the garlic, Parmesan, bread crumbs, parsley, basil, boiled eggs, capers, and Essence and toss to combine. Divide the bread crumb mixture evenly among the slices of meat, about 1/3 cup of stuffing for each slice of meat, spreading to within 1-inch of the edges. Carefully roll each piece of meat into a tight cylinder so that it resembles a fat cigar. Use toothpicks to secure the meat.

In a large Dutch oven, heat the remaining 2 tablespoons of olive oil over medium-high heat and brown the rolled meat and meatballs, working in batches, until well browned on all sides, about 6 minutes. Remove the browned meat to a plate and set aside. To the pan with the oil and meat juices, add the onion and red wine; bring to a simmer and cook until wine is reduced and onion is softened. Return all of the browned meat to the pan, add the marinara sauce, and bring to a boil. Cover, reduce the heat so that the sauce just simmers, and cook the bracciole in the sauce, stirring occasionally, for about 2 hours or until the meat is very tender. If the sauce gets too thick during this time, thin by adding a bit of water as necessary. Remove the toothpicks from the bracciole and serve with the marinara sauce over cooked pasta.

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):

2 1/2 tablespoons paprika

2 tablespoons salt

2 tablespoons garlic powder

1 tablespoon black pepper

1 tablespoon onion powder  
1 tablespoon cayenne pepper  
1 tablespoon dried oregano  
1 tablespoon dried thyme

Combine all ingredients thoroughly.

Yield: 2/3 cup

Recipe from "New New Orleans Cooking", by Emeril Lagasse and Jessie Tirsch, published by William and Morrow, 1993.

#### Emeril's Meatballs:

2 slices white bread  
1/2 cup milk  
1/3 pound ground beef  
1/3 pound ground veal  
1/3 pound ground pork  
1/2 cup minced onions  
1 tablespoon minced garlic  
2 tablespoons minced fresh parsley  
Salt and freshly ground black pepper

Place the bread in a shallow baking dish. Pour the milk over the bread and let sit for a couple of minutes. In mixing bowl, combine all of the meats. Add the minced onions, garlic, parsley, and soaked bread. Mix well. Season with salt and pepper. Form the mixture into large balls. Use as directed in the recipe.

#### Marinara Sauce:

1/4 cup olive oil  
1/4 cup chopped pancetta or bacon  
1 medium onion, finely chopped  
6 cloves garlic, minced  
2 (35-ounce) cans whole Italian plum tomatoes, crushed with your hands, with juices  
1/4 teaspoon dried oregano  
3/4 teaspoon salt  
1/2 teaspoon crushed red pepper  
1/4 cup chopped fresh basil leaves

In a large saucepan or Dutch oven, heat the olive oil over medium heat and, when hot, add the pancetta and cook until golden brown and slightly crispy, about 3 minutes. Increase the heat to medium-high and add the onion and cook until softened and beginning to caramelize, about 6 minutes. Add the garlic and cook until fragrant, 1 to 2 minutes. Add the tomatoes along with their juices and stir to combine. Add the oregano, salt, and crushed red pepper, reduce the heat to a simmer, and cook for 30 to 40 minutes, or until the sauce is slightly thickened. Add the basil, stir to combine, and let sit for 5 minutes before serving.

Yield: about 2 quarts

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