

Meat and Wine Brasato with Barolo

Michele Scicolone (January 16, 2016)



Steak for dinner makes any meal seem special. A simple pan sauce made with Barolo gives this recipe Italian flair. Tender steaks are quickly sauteed, then topped with a reduction of shallots, red wine, pancetta and balsamic vinegar. The pancetta enriches the sauce and adds texture while the vinegar adds a sweet tart tang.

For the sauce, you can use the same wine you will be drinking with the meal, though a simple dry red will do. Barolo would be my first choice both for cooking and drinking with the steaks. Serve the steaks with mashed potatoes or creamy polenta, and a seasonal green vegetable, such as roasted Brussels sprouts.

In a large skillet melt 1 tablespoon of the butter over medium heat. Add the pancetta and cook



until golden, about 5 minutes. Remove the pancetta with a slotted spoon and wipe out the pan. Pat the steaks dry. Melt the remaining tablespoon of the butter in the same skillet over medium heat. When the butter foam subsides, place the steaks in the skillet and cook until browned, 4 to 5 minutes.

Sprinkle with salt and pepper. Turn the meat over and cook 4 minutes on the other side for rare or 5 to 6 minutes for medium rare. Remove from the pan. Cover and keep warm. Add the shallots to the pan and cook, stirring for 1 minute. Add the wine, broth and balsamic vinegar.

Bring to a simmer and cook until the liquid is thickened, about 3 minutes. Stir in the pancetta. Cut the steaks crosswise into thick slices. Spoon the sauce over the meat and serve.

SERVES 4

2 TABLESPOONS UNSALTED BUTTER

1 THICK SLICE PANCETTA (ABOUT 1 OUNCE),

FINELY CHOPPED

2 BONELESS SHELL STEAKS, ABOUT 1 INCH THICK

1/4 CUP CHOPPED SHALLOTS

1/2 CUP DRY RED WINE, SUCH AS BAROLO

1/2 CUP BEEF BROTH

2 TABLESPOONS BALSAMIC VINEGAR

SALT AND FRESHLY GROUND PEPPER

Source URL: <http://iitaly.org/magazine/dining-in-out/articles-reviews/article/meat-and-wine-brasato-barolo>

Links

[1] <http://iitaly.org/files/barolo1452968612jpg>

