

Sautéed Spiced Beef Cutlets
Bracirole Aromatiche

Lidia's Italy ©2007
Lidia Matticchiio Bastianich
and Tanya Bastianich Manuali

Makes about dozen rolled cutlets serving 6

2-1/2 pound slab top round or other lean boneless beef, fully trimmed, 2 to 3 inches thick
2 teaspoons coarse sea salt or kosher salt
7 tablespoons soft butter
2 tablespoons chopped fresh Italian parsley
1 cup flour, or as needed
2 large eggs, lightly beaten
2 plump garlic cloves, finely chopped
½ teaspoon freshly ground pepper
1 teaspoon cinnamon
½ teaspoon ground cloves
3 tablesp0on extra-virgin olive oil

With a sharp long knife, slice the beef across the grain at a slight slant into 12 thin, roughly equal cutlets. Starting cutting at one end of the slab, with the knife blade at a sharp angle, so the slices have a large cut surface.

Tenderize the cutlets on both sides with the toothed face of the meat mallet, then pound with the flat face to spread them into long ovals, about 5 inches wide. Sprinkle salt on both sides of the oval bracirole, using about 1 teaspoon salt in all.

Stir in 4 tablespoons of the soft butter and all the chopped parsley together until creamy, and spread about a teaspoon on each braciola, covering the top surface. Roll up each oval from one of the narrow ends, enclosing the parsley butter, and weave a toothpick through the flap to secure the roll. Sprinkle salt on the outside of all the rolls using about ½ teaspoon.

To prepare the coating and seasoning for the bracirole; Spread the flour in a plate. Pour the eggs into a wide, shallow bowl, and beat in the chopped garlic, the remaining salt, and the freshly ground pepper. Stir together the ground cinnamon and cloves, and reserve the spice mix in the fine-mesh sieve.

Pour the olive oil into a big skillet, drop in the remaining 3 tablespoons butter and et over a low flame, melting and heating the butter until foaming (but don't let it brown). As the skillet

heats, dredge 3 or 4 of the braciolo in flour, shake off the excess, and drop them in the bowl of beaten eggs. Turn to coat well with egg and garlic, and sift a bit of the spice mixture over their tops

When the butter is gently bubbling, lay the rolls in the skillet spiced side down, and sift spices on the top side. Working quickly, dredge and coat the remaining rolls in batches, sprinkling the spices all over as they go into the skillet.

When all the braciolo are in the pan, raise the heat a bit so the meat is sizzling gently. Slowly sauté the rolls, rotating them every few minutes, until nicely browned all over and cooked through, 10 minutes or longer. Slice into a roll to check for doneness, if it seems needed, give the thicker ones more time. As each roll is done, remove it to a platter and out the toothpick. Serve hot.