

Sautéed Spice Beef Cutlets
Braciolo Armatice
“Lidia’s Italy,” by Lidia Matticchio Bastianich
And Tanya Bastianich Manuali ©2008

Makes about one dozen rolled cutlets, serves 6

Ingredients

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
1/2 teaspoon freshly ground black pepper
1 teaspoon cinnamon
1/2 teaspoon ground cloves
3 tablespoons extra-virgin olive oil

Directions

With a sharp long knife, slice the beef across the grain at a slight slant into 12 thin, roughly equal cutlets. Start 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 a 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 braciolo, using about 1 teaspoon salt in all.

Stir 4 tablespoons of the soft butter with all the chopped parsley together until creamy, and spread about a teaspoon on each braciolo, 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 1/2 teaspoon.

To prepare the coating and seasoning for the braciolo: 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 finer-mesh sieve.

Pour the olive oil into the big skillet, drop in the remaining 3 tablespoons butter, and set over low flame, melting and heating the butter until foaming (but don’t let it brown). As the skillet heats, dredge 3 to 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 roll 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 braciola 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 pull out the toothpick. Serve hot.

Tips from Donna

- At my local food store, I was able to purchase top round **beef cutlets**.
- Instead of sifting spices over the egg-coated beef rolls, I merely incorporated the spices into the flour so that the beef rolls had an even coating of spices.