

Scott's Braciola

- about three scallions per serving
- fresh parsley
- fresh chives
- about 4 ounces goat cheese (or goat feta) per serving
- salt
- corn meal
- 1 very thin slice bottom round beef, or thinly sliced uncooked chicken breast, per serving
- extra virgin olive oil
- black pepper
- fresh spinach
- toothpicks
- mirin, about 1/8 cup per serving
- sake, about 1/8 cup per serving
- white sugar, about 1-1/2 tablespoons per serving
- soy sauce (or dark rice vinegar), about 1 tablespoon per serving
- optional: olive oil, minced garlic, minced ginger, minced shallots
- optional: dried chiles de arbol

Chop the ends off of the scallions, and blanch for about 45 seconds in boiling water. Immediately transfer scallions to ice water.

Chop scallions, parsley and chives. Combine with goat cheese, salt, corn meal and extra virgin olive oil to make a filling.

Take one slice of beef or chicken, and pound as flat as possible with a mallet. Lightly oil, salt and pepper. Place spinach leaves so that they cover one side of the meat. Spoon the filling over the spinach. Roll the meat tightly. Slice into serving-sized slices. If needed, place toothpicks to hold the rolls shut.

Repeat for each slice of meat, placing each into an oiled casserole dish (only one deep). Once enough rolls have been placed in that the rolls are pressing against one another, removing any toothpicks.

Preheat the oven to 350 degrees Fahrenheit.

Prepare a sauce by combining the mirin, sake, sugar and soy sauce (or dark rice vinegar), in about a 4:4:3:1 ratio, and heat over a low heat until sugar is thoroughly dissolved. Optionally, saute garlic, ginger and shallots in olive oil before adding the liquid. Optionally add chiles de arbol to the sauce.

Pour the sauce over the braciola, and cover the casserole dish.

Bake for 45 to 60 minutes.

Let stand for about 5 minutes. Serve with rice.

Preparation time: 120 minutes

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