



BRAZILIAN

Lagarto Recheado

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	30 min	2 hr	Braise	Eye of round

Ingredients

- 1.2 kg (2½ lb) eye of round, butterflied or with a pocket cut lengthwise
- 2 tsp salt and 1 tsp black pepper
- 3 cloves garlic, crushed
- Juice of 1 lime

FILLING

- 100 g (3½ oz) calabresa or smoked sausage, diced
- 100 g (3½ oz) bacon, diced
- 2 hard-boiled eggs, quartered
- 1 carrot, cut into thin sticks

FILLING (CONT.)

- 60 g (½ cup) pitted green olives
- 2 tbsp chopped parsley

BRAISE

- 3 tbsp vegetable oil
- 1 onion, 2 tomatoes and 1 green pepper, chopped
- 250 ml (1 cup) red wine
- 500 ml (2 cups) beef stock
- 1 bay leaf

Steps

1. Season the beef inside and out with salt, pepper, garlic and lime juice. Let it sit for 30 minutes.
2. Fry the sausage and bacon in a dry skillet over medium heat for 5 minutes, until the fat renders. Drain and mix with the olives and parsley.
3. Lay the beef flat. Arrange the sausage mixture, eggs and carrot sticks in a line down the centre.
4. Roll the beef up tightly around the filling and tie with string at 3 cm (1¼ in) intervals.
5. Heat the oil in a heavy pot over medium-high heat and brown the roll on all sides, about 10 minutes, until deep brown. Move to a plate.
6. Lower the heat to medium and cook the onion, tomatoes and pepper for 6 minutes. Pour in the wine, scrape up the browned bits, and boil for 2 minutes.
7. Return the roll, add the stock and bay, cover, and braise on low heat for 1 hour 45 minutes, turning once, until tender.
8. Rest the roll for 15 minutes. Slice it into thick rounds and serve with the sauce, spooned over.

Notes

- **Serving:** with white rice, farofa (toasted cassava flour; or toasted buttered breadcrumbs) and a simple salad.
- **Name:** "lagarto" is the Brazilian name for eye of round, and it also means "lizard".
- **Make ahead:** it slices neatly when chilled; reheat slices gently in the sauce. Keeps 3–4 days; freeze slices in sauce for 3 months.