ITALIAN

Involtini di Manzo

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**4**	**30 min**	**1 hr 15 min**	**Braise**	**Inside round**

Ingredients

- 8 thin slices inside round, about 80 g (3 oz) each, pounded to 4 mm (1/6 in)
- 8 thin slices prosciutto
- 60 g (¾ cup) grated pecorino or Parmesan
- 50 g (1 cup) fresh breadcrumbs
- 2 tbsp chopped flat-leaf parsley
- 1 clove garlic, finely chopped
- 30 g (¼ cup) raisins and 30 g (¼ cup) pine nuts (optional)
- Salt and black pepper
- 3 tbsp olive oil
- 1 small onion, finely chopped
- 120 ml (½ cup) dry white wine
- 400 g (14 oz) can crushed tomatoes
- A few fresh basil leaves

Steps

1. Season the beef slices lightly with salt and pepper. Lay a slice of prosciutto on each.
2. Mix the cheese, breadcrumbs, parsley, garlic, raisins and pine nuts. Add 1 tbsp olive oil to bind. Spoon a heaped tablespoon onto each slice.
3. Fold in the sides and roll up tightly. Secure each roll with toothpicks or string.
4. Heat 2 tbsp oil in a wide pan over medium-high heat. Brown the rolls on all sides, about 6 minutes in total, until golden. Move to a plate.
5. Lower the heat to medium and cook the onion for 5 minutes until soft and pale gold.
6. Add the wine and boil for 2 minutes to cook off the sharpness, scraping the pan.
7. Stir in the tomatoes with a pinch of salt. Return the rolls, cover and braise on low heat for 45 minutes, turning once, until the meat is tender when poked with a fork.
8. Uncover for the last 10 minutes if the sauce is thin. Tear in the basil and remove the toothpicks before serving.

Notes

- **Serving:** the sauce is a good dressing for pasta; serve the rolls after as a second course.
- **Make ahead:** assemble the rolls a day ahead and keep them covered in the fridge.
- **Variations:** a slice of provolone or a little chopped hard-boiled egg inside is also traditional.
- **Slow cooker:** brown the rolls first (skipping it loses some depth), then cook with the sauce on low 6–7 hr or high 3–4 hr. Simmer the sauce in a pan to thicken.
- **Freezer:** cooked rolls freeze in their sauce for 3 months; thaw overnight in the fridge and reheat until steaming hot.
- **Chef's touch:** finish with a thread of raw olive oil and the torn basil off the heat; heat dulls both.