ITALIAN (NAPLES)

Beef Pizzaiola

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**15 min**	**1 hr 15 min**	**Braise**	**Outside round**

Ingredients

- 700 g (1½ lb) outside round, cut into 4 steaks about 1.5 cm (½ in) thick
- Salt and black pepper
- 3 tbsp olive oil
- 4 cloves garlic, thinly sliced
- 120 ml (½ cup) dry red wine
- 800 g (28 oz) canned whole tomatoes, crushed by hand
- 1½ tsp dried oregano
- 1 pinch chilli flakes (optional)
- 2 tbsp chopped fresh parsley
- Crusty bread, to serve

Steps

1. Pat the steaks dry and season both sides with salt and pepper. Pound lightly with a mallet to even out the thickness.
2. Heat 2 tbsp of the oil in a wide, heavy skillet over medium-high heat. Brown the steaks for 2 minutes per side, until golden. Do this in two batches if needed. Move to a plate.
3. Lower the heat to medium and add the rest of the oil and the garlic. Stir for 30 seconds, only until fragrant and pale gold.
4. Pour in the wine and let it bubble for 2 minutes, scraping the pan.
5. Add the tomatoes, oregano, chilli and a pinch of salt. Simmer for 10 minutes, until the sauce thickens slightly.
6. Slide the steaks back into the sauce and spoon it over them. Cover and braise on the lowest heat for 45 to 55 minutes, turning once, until the meat is tender when pressed with a fork.
7. Uncover for the last 5 minutes if the sauce looks thin. Scatter with parsley.
8. Serve with the sauce spooned over, and lots of bread.

Notes

- **Pasta course:** toss spaghetti or rigatoni in some of the sauce, then serve the beef as the second course.
- **Make ahead:** keeps 3 days in the fridge and reheats well; it also freezes for 3 months. Thaw overnight in the fridge and reheat until steaming hot.
- **Other cuts:** inside round or sirloin tip work the same way; thin cutlets need only 30 minutes.
- **Chef's touch:** stir the parsley in off the heat and finish with a drizzle of raw olive oil; the fresh fragrance would cook away in the braise.
- **Twist:** for a briny, non-traditional edge, add 1 tbsp rinsed capers and a handful of black olives with the tomatoes.