

Elina's Stracotto di manzo (Beef braised in red wine)

3 Tbs. Olive oil
2 onions, finely sliced
2 garlic cloves, chopped
2 lb 4 oz/1 kg braising beef, cut into thick strips
2 Tbs. all purpose flour
1 ½ cups good-quality red wine, such as Chianti
2 fresh sage sprigs
1 cup beef stock
1 Tbs. tomato paste
salt and pepper
1 Tbsp finely chopped fresh flat-leaf parsley, to garnish

Preheat the oven to 300 F/150 C. Heat 1 tablespoon of the oil in a large skillet, then add the onions and garlic and cook over medium heat, stirring frequently, for 6-8 minutes, or until softened and browned.

Remove with a slotted spoon and transfer to a casserole. Heat the remaining oil in the skillet, then add the beef strips and cook over high heat, stirring, for 3-4 minutes, or until browned all over. Sprinkle in the flour and stir well to prevent lumps.

Season well with salt and pepper. Reduce the heat to medium, then pour in the wine, stirring continuously, and bring to a boil, continuing to stir.

Carefully turn the contents of the skillet into the casserole. Add the sage, stock, and tomato paste. Then cover and cook in the center of a preheated oven for 2 ½ -3 hours. Remove from the oven and discard the sage, then taste and adjust the seasoning if necessary. Sprinkle with parsley and serve.

