

# BRACIOLE (STUFFED FLANK STEAK)

## Ingredients:

2 pounds thinly sliced flank steak cut into 4X8 inch strips  
3/4 cup bread crumbs  
2 cloves garlic, minced  
2/3 cup grated parmesan  
1/3 cup grated fontina cheese  
1/2 cup extra virgin olive oil + 2 Tablespoons 1 teaspoon salt  
1 teaspoon ground black pepper  
2 Tablespoons chopped Italian parsley  
5 ounces thinly sliced prosciutto  
1 cup dry red wine  
1/2 cup diced yellow onion  
4 cups pasta sauce or your own homemade Marinara.  
1 tablespoon dried basil  
2 pounds pre-made gnocchi (prepared per package directions)

## Directions:

Preheat oven to 325°F. Some stores sell pre-sliced Braciole rolls. You could also use what in some stores is called Sandwich Steak. Those are smaller, individual sliced steaks that would work. In a small bowl mix together bread crumbs, garlic, parmesan, fontina, 1/2 cup olive oil, salt, pepper, and parsley. Spread this mixture evenly over the surface of the pounded steak. Cover with a layer of prosciutto. Roll the steak as tightly as you can into a log shape so that the grain runs lengthwise. You want the pieces to fit in an 8 X 8 baking dish. Tie the rolls using butcher's string or secure with a toothpick. In a large sauté pan over high heat, add the remaining 2 Tablespoons olive oil. Once the oil is hot, sear tied beef on all sides. Remove the browned braciole and place into an 8 X 8 glass or non-reactive baking dish. In the same sauté pan over high heat, add the onions and cook until translucent. Pour in the red wine and deglaze the pan. Cook for 1 minute to cook off the raw wine taste. Lower the heat and add the sauce and basil. Simmer for 3 minutes. Pour this sauce over the top of the browned braciole in the 8 X 8 pan. Cover with aluminum foil and place in a preheated oven. Bake for 1 3/4 hours or until meat is tender. Baste the meat with the sauce halfway through the cooking. Slice the braciole. Serve with cooked gnocchi and the sauce the braciole was cooked in.

This dish is so flavorful that you could use your favorite jar of sauce and it will be fine. I use the basic Trader Joe's Marinara for this and it comes out fantastic.