

Italian Marinated Beef in Barolo (Slow Cooker or Stove Top)

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MARINADE:

- 1 bottle Barolo (Italian red wine) 750 ml
- 4 cloves garlic, minced
- 1 tablespoon fresh rosemary, finely chopped
- 1 teaspoon dried sage
- 2 whole bay leaves
- 2 teaspoons salt

- 1 teaspoon freshly ground black pepper
- 2 tablespoons extra virgin olive oil

BEEF ROAST:

- 4 pounds chuck roast, boneless, trimmed of excess fat
- 2 tablespoons extra virgin olive oil
- 4 ounces pancetta, finely chopped
- 2 large yellow onions, finely chopped
- 4 medium carrots, finely chopped
- 3 stalks celery, finely chopped, including some of the leaves
- 2 ounces dried porcini mushrooms, crumbled
- 3 tablespoons Penzey's beef soup base, or other soup base paste (or use demi-glace)
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1/4 cup Italian parsley, chopped

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 8

- STOVETOP METHOD:** In a large Ziploc plastic bag combine the marinade ingredients, then add the beef roast to it. Seal tight and refrigerate for at least 12 hours, or up to 24 hours, turning it over a couple of times. Remove the roast from the bag and **SAVE** the marinade. Pat dry the meat with paper towels.
- In a large Dutch oven, heat oil over high heat and brown the meat on all sides. Remove meat to a plate and set aside.
- Add pancetta to the pan and allow it to render fat, then add onions, carrots, celery and porcini mushrooms. Saute for 3-4 minutes, until the onion begins to soften. Add the reserved marinade and soup base (or demi-glace) and bring to a boil. Return the meat to the pot, cover and simmer for 2 1/2 to 3 1/2 hours, until the meat is **FORK** tender.
- Remove meat from pan and cover with aluminum foil to keep it hot. Discard the bay leaves (this is important as you don't want anyone to choke on the bay leaf hidden in the gravy) and skim off excess fat - use a couple of paper towels gently scrunched but still kind of flat, and wipe the towels across the top of the liquid and it will pick up most of the fat. Discard paper towel. Bring the sauce to a boil. Meanwhile, combine the softened butter and flour in a small bowl and using a whisk, slowly add the roux to the liquid in the pan. Continue whisking until sauce returns to a boil and is smooth and thickened. Season with salt and pepper and stir in the parsley - reserving just a little bit to sprinkle on top when served. Carve the meat and serve with the sauce on the side. This is wonderful served with buttered **MASHED POTATOES**, buttered **NOODLES**, or **WHITE BEANS** cooked with Tuscan herbs.
- SLOW COOKER METHOD:** In a large Ziploc plastic bag combine the marinade ingredients, then add the beef roast to it. Seal tight and refrigerate for at least 12 hours, or up to 24 hours, turning it over a couple of times. Remove the roast from the bag and **SAVE** the marinade. Pat dry the meat with paper towels.
- In a large skillet (or if you have the kind of slow cooker with a removable metal pan, do this step in that insert) heat the oil and brown the meat on all sides. Place meat in the slow cooker. Add pancetta to the skillet, reduce heat to medium and cook until it renders some fat. Add onions, carrots, celery, and porcini mushrooms and saute for 3 minutes, or until the onion begins to soften. Add the marinade to the skillet, add soup base (or demi-glace) and bring to a boil. Continue boiling for 3 minutes, scraping up any browned bits on the bottom of the pan. Transfer to the slow cooker.
- Cover and cook on **LOW** for 8-9 hours, until the meat is fork-tender. Remove meat from slow cooker and cover with aluminum foil. Discard bay leaves (important) and transfer the contents to a large saucepan and bring to a boil. Combine the butter and flour in a small bowl and whisk mixture into the sauce. Continue whisking until the sauce returns to a boil and is smooth and thickened. Season with salt and pepper and stir in most of the parsley. Carve the meat and serve with the sauce on the side. Sprinkle remaining parsley on top. If the sauce isn't thick enough, add another small amount of butter/flour mixture until it's thickened sufficiently. This can also be made with a beef brisket. This is wonderful served with buttered **MASHED POTATOES**, buttered **NOODLES**, or **WHITE BEANS** cooked with Tuscan herbs.

Per Serving (excluding unknown items): 660 Calories; 46g Fat (63.8% calories from fat); 43g Protein; 17g Carbohydrate; 3g Dietary Fiber; 149mg Cholesterol; 1681mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 2 1/2 Vegetable; 5 1/2 Fat.