

## Chef John's Beef Braciolo

READY IN



55 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 bay leaf
- ☐ 16 ounce beef top sirloin steaks
- ☐ 1 pinch pepper black freshly ground to taste
- ☐ 0.5 cup bread crumbs
- ☐ 1 eggs
- ☐ 2 cloves garlic crushed
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 cup freshly parmesan cheese shredded

- ☐ 3 tablespoons raisins chopped
- ☐ 1 pinch pepper flakes red to taste
- ☐ 1 pinch salt to taste
- ☐ 1.5 cups tomato sauce
- ☐ 1 cup water

## Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ kitchen thermometer
- ☐ meat tenderizer
- ☐ kitchen twine

## Directions

- ☐ Place steaks between 2 pieces of heavy plastic; pound meat about 1/4-inch thick using a meat pounder. If a piece of meat breaks off, use it to patch a thinner area.
- ☐ Place bread crumbs into a mixing bowl and stir in garlic, 2 tablespoons olive oil, raisins, Parmesan cheese, salt, black pepper, oregano, and egg until thoroughly combined.
- ☐ Season steak with salt and pepper; place half the bread crumb stuffing onto the bottom 2/3 of a steak, leaving the top third of the steak without stuffing. Lightly press the stuffing onto the meat and roll the steak up into a tight roll, starting from the stuffed end. Tie 3 to 4 pieces of kitchen string around the roll to hold it together. Trim ends of string. Repeat with remaining steak and stuffing.
- ☐ Heat 1 tablespoon olive oil in a skillet over medium-high heat. Pan-fry the steak rolls in the hot oil until well browned on all sides, 2 to 3 minutes per side.
- ☐ Pour in water and dissolve pan juices and browned bits of food in the water.
- ☐ Season steak rolls with salt and pepper; add red pepper flakes and bay leaf to the water.
- ☐ Spread tomato sauce onto rolls. Pan liquid should cover the rolls about halfway up.
- ☐ Bring to a boil, reduce heat to low, and simmer, covered, for 10 minutes; turn rolls over and cook covered about 10 more minutes. An instant-read meat thermometer inserted into the center of the stuffing should read at least 145 degrees F (65 degrees C).

- ☐
- Remove from pan, transfer to a platter, and let them rest for 10 minutes.
- ☐
- Raise heat to medium, bring sauce to a boil, and cook, stirring often, until sauce has reduced by half, about 10 minutes. Slice the rolls crosswise.
- ☐
- Serve arranged on a little sauce and drizzle more sauce on top.

PROTEIN

FAT

CARBS

27.95%

49.54%

22.51%

Properties

Glycemic Index:49.45, Glycemic Load:6.55, Inflammation Score:-9, Nutrition Score:20.15391309365%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 445.51kcal (22.28%), Fat: 24.62g (37.88%), Saturated Fat: 9.25g (57.83%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 21.84g (7.94%), Sugar: 4.28g (4.76%), Cholesterol: 110.09mg (36.7%), Sodium: 761.52mg (33.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.27g (62.53%), Vitamin B12: 3.4µg (56.63%), Selenium: 28.26µg (40.37%), Phosphorus: 336.73mg (33.67%), Vitamin B6: 0.62mg (30.87%), Vitamin B3: 6.15mg (30.75%), Zinc: 4.57mg (30.45%), Iron: 4.89mg (27.16%), Vitamin B2: 0.43mg (25.02%), Potassium: 788.14mg (22.52%), Vitamin B1: 0.29mg (19.44%), Manganese: 0.37mg (18.25%), Calcium: 177.24mg (17.72%), Copper: 0.3mg (14.84%), Vitamin E: 2.21mg (14.74%), Magnesium: 55.08mg (13.77%), Fiber: 3.34g (13.34%), Vitamin K: 13.61µg (12.96%), Vitamin A: 552.8IU (11.06%), Folate: 38.67µg (9.67%), Vitamin B5: 0.94mg (9.42%), Vitamin C: 7.55mg (9.15%), Vitamin D: 0.26µg (1.74%)