

Fancy some beef?

Natura-Beef pot roast à la Cairoli



Johnny Cairoli, OC Chairman of the beef.ch in Agno, has shared with us this recipe for a Natura-Beef pot roast. In the Ticino, polenta is typically served as an accompaniment.



Ingredients

- 500g Natura-Beef-roast
- 50g bacon for larding
- 50g onions
- 50g garlic
- 50g carrots
- 50g celery
- Red wine and meat stock
- A little oil
- Maizena and/or gravy
- Optional: 1 tbsp tomato puree

Preparation

Lard the roast with bacon or have it larded directly at the butcher.

Finely chop onions, carrots and celery and sauté in oil.

Sear the roast all over, then deglaze with red wine. Pour in the meat stock. The meat should be half covered with liquid. You can also add tomato puree if desired.

Let simmer for a full two and a half hours.

Thicken the sauce with Maizena and gravy, and season with salt and pepper.

Goes well with: polenta

Buon appetito!