ITALIAN · LUNCH · DINNER

Brasato al Barolo (Piedmont Beef Braised in Barolo Wine)

Brasato al Barolo

210 min · plus overnight marinating · Serves 6 · 488 kcal a serve · Video 5:24 in Italian · Cookist

Dairy-free · Nut-free

38 g protein and 11 g net carbs a serve: a whole piece of beef marinated overnight and slowly braised in red wine with carrots, onion and celery; rich in vitamin B12 and zinc.

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Ingredients 13 · SERVES 6

- [ ] 2¼ lb **beef chuck** (cappello del prete), in one piece
- [ ] 4¼ cups **Barolo** (or another full-bodied red), cooked down to a sauce
- [ ] 4 **carrots**, roughly chopped
- [ ] 2 **onions**, roughly chopped
- [ ] 2 **celery** stalks, roughly chopped
- [ ] 2–3 **garlic** cloves
- [ ] 1 oz **tomato paste** (concentrato di pomodoro)
- [ ] **fresh rosemary**, sage and bay leaves, a few sprigs (strained out)
- [ ] 7–8 **whole cloves** (strained out)
- [ ] **black peppercorns**, a pinch (strained out)
- [ ] **plain flour**, for dusting the meat
- [ ] a drizzle of **olive oil** for browning (about 1 tbsp)
- [ ] **salt**, to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the beef in a deep bowl with the carrots, onions, celery, garlic, herbs, cloves and peppercorns, then pour over the Barolo. 0:33
2. Cover with cling film and leave to marinate overnight (about 12 hours); keep it in the fridge. 0:59
3. Lift the meat out, pat it dry with paper towels (keep the marinade) and dust it with flour on all sides. 1:08
4. Brown the beef well on all sides in a little oil in a separate pan, until it has a good crust. 1:34
5. Put the meat in a tall pot, pour in all the marinade with the vegetables so everything is covered, and stir in the tomato paste. Bring to the boil. 2:00
6. Lower the heat and simmer gently for 2–2½ hours, skimming off the foam, adding a pinch of salt, brushing down the sides of the pot and turning the meat several times. 2:22
7. Lift out the meat. Strain the cooking liquid through a sieve, pressing the vegetables hard with a ladle (or blend them, after removing the cloves and peppercorns), then reduce the sauce a little. 3:15
8. Slice the beef about ½ inch thick and serve with the sauce spooned over. 4:15

> **Tip** Cookist serves it with mashed potato; steamed greens or roast vegetables keep it lower in carbs. Like most braises it is even better reheated the next day. We count all the vegetables, as if blended into the sauce.

The method is a summary in our words, in English — the video (in Italian) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
488 kcal	**38** g	**14** g	**2.9** g	**27** g	**500** mg
2,040 kJ	76% of a day	11 g net · 5.4 g sugars 5% of a day	10% of a day	9.8 g saturated 34% of a day	22% of a day

Energy from net carbs 10% · protein 35% · fat 55% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 111% · Zinc 79% · Selenium 64% · Vitamin A 44% · Vitamin B6 32% · Iron 22%

Source of (10–19%) Omega-3 17% · Potassium 14% · Vitamin K 14% · Magnesium 11% · Vitamin E 11%

Recipe and video: Cookist (@Cookist) on YouTube — youtube.com/watch?v=rL3uMWnDzzE, published 13 November 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/brasato-al-barolo