



Sam Arena

Pork Braciola

Braciola is the Italian word for roulade or rolled meat. Traditionally this was made with thin round steak stuffed with anything that pleased the cook. In Italian cookery the meat was usually with a combination of bread crumbs with salami, capicola or sausage and the traditional hard boiled egg. I choose pork instead of beef because generally pork has more flavor and is always tender.

INGREDIENTS

Italian bread crumbs (Progresso)

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1/4 lb.. salami

1/4 lb. capicola

1 medium onion

3/4 lb. Italian sausage (not in casing)

1 quart of home made tomato sauce or marinara sauce



Sweat the onion over low heat until they are soft and translucent.

Sauté the sausage a little. Do not cook thoroughly. It will be cooked more in the sauce later. Chop the salami and capicola coarse. Combine all the ingredients and some of the bread crumbs in a food processor. Pulsate the ingredients gently, only until they are mixed. Add salt and pepper to taste and set aside.

THE MEAT

I choose pork butt or shoulder, it's expensive but has more flavor and will be tender after braising in the sauce. If you're not handy with a knife tell the butcher what you want and they will usually do it for you. What you want are slices of pork about 1/4 inch thick and about 6 inches long and 4 inches wide. This will make small individual braciolas rather than the large roll Grandma made. Lay the pork on a cutting board fat side down and pound thin. Put a small amount of the stuffing on the flattened slice of pork and roll it. Use tooth picks or tie the roulades to keep them closed. Brown the pork rolls on all sides and place them in tomato sauce and simmer for about 45 minutes or until the pork rolls are tender.

THE SAUCE

It's best to use home made sauce although a simple sauce of canned plum tomatoes with sautéed onions and garlic will do nicely. The sauce will take on the flavor of the pork and the stuffing and be delicious. Cook your favorite pasta and ENJOY !!

THAT'S IT.... KEEP IT SIMPLE with Sam