

KOHLER FOOD & WINE

SUNDAY GRAVY OVER POLENTA WITH SAUSAGE AND BRACIOLE

Andrew Zimmern

Tomato Sauce

Make a double batch (or more) of this classic tomato sauce. It keeps for a week in the refrigerator, or you can increase the quantity and freeze some for later.

Ingredients

¼ cup extra-virgin olive oil
4 garlic cloves, minced
1 medium onion, minced
2 basil sprigs
Large pinch of crushed red pepper
1 teaspoon dried oregano
2 cups dry white wine
Kosher salt
Large pinch of sugar
¾ cup tomato paste
2 28-ounce cans tomato purée, preferably Italian
Salt, to taste
Pepper, to taste

Instructions

In a large saucepan, heat the olive oil until shimmering. Add the garlic, onion, basil, a pinch of red pepper flakes, and oregano. Cook over medium heat for 3 minutes. Add the wine and cook for a few minutes. Season with salt and sugar. Add the tomato paste and tomato purée. Stir to combine and simmer over moderately low heat for 20 minutes. Taste the sauce and season with salt and pepper as needed.

Braciole

2 tablespoons butter
2 cups panko breadcrumbs
1 tablespoon fresh thyme leaves
2 tablespoons fresh rosemary leaves
2 pounds of beef rib eye, trimmed, sliced into 6 pieces, pound each piece to about ¼"-½" thick
Salt
Pepper
12 slices prosciutto
⅓ cup toasted pine nuts
½ cup finely chopped parsley

3 tablespoons finely chopped garlic
¾ cup grated Reggiano Parmesan cheese
½ cup grated pecorino Romano cheese
Good olive oil

Instructions

Melt the butter in a large skillet over medium heat. Add the panko, and cook, stirring often, until golden brown and toasted, about 3 minutes. Place in a large bowl, and add the thyme and rosemary

Lay the meat flat on parchment paper. Season the meat with salt and pepper. Place prosciutto over the beef.

Divide panko mixture over beef.

Combine the pine nuts, parsley, garlic, and half of the two cheeses. Divide this mix onto the meat.

Roll up each braciola, against the grain of meat; cut in half crosswise if they are too long. Using butcher string, secure the rolls. Season again with salt and pepper and brown in a smidge of olive oil in a large Dutch oven over medium heat. When all the pieces are finished browning, add a few quarts of tomato sauce to the Dutch oven. Make sure the meat is covered and bake for about 70 minutes, covered, over low medium heat until tender.

Let meat rest in the sauce while you finish your sausages, and serve, cut, over some of the sauce with the sausages. Spoon more sauce over meat, and garnish with more chopped parsley, the remaining ground cheeses, and the polenta. I like to serve the polenta on a large board and serve the braciola and sausage over the polenta for a real dramatic and delicious family style presentation.

Sausages

2 pounds of trimmed pork shoulder including about 15% of the fat, chopped

½ cup good white wine

2 teaspoons crushed dried fennel seed

2 teaspoons minced garlic (I use a microplane)

1 teaspoon of dried hot red chiles, or more to taste

1 teaspoon sea salt

1 tablespoon of ground black pepper

1 tablespoon orange zest, or more to taste

3 tablespoons minced parsley

Optional: you can always try fresh chopped mint, fresh minced hot chiles, and feta cheese. Have fun with this!

Optional: natural sausage casings

Instructions

Grind the meat on the fine hole attachment of your grinder. Place all the meat in a very large stainless steel work bowl. Add all the seasonings and wine, mix well and let sit overnight in the fridge uncovered.

Take a small spoon and scoop out a teaspoon of the sausage. Sear it in a hot pan for a few minutes and give it a taste test. Adjust seasoning accordingly.

Fill the natural casings using a sausage pump or filling attachment on a stand mixer. (Sausage meatballs will also work with this mixture.) Turn and tie in 4-oz lengths (hot dog/sausage size).

The sausages are ready to be cooked or to freeze. I usually let mine rest in the refrigerator for a day or two.

Prick with a pin, steam/bake/steep for 25 minutes and then char on grill or pan fry to crisp them. You can age them for up to three days before cooking, they only get better. You can also skip the steam process and simply cook slowly over indirect heat before charring briefly over direct heat after 15 minutes of slow cooking. Or sear and cook in the sauce for 15 minutes during the last 15 minutes the braciola cooks.

Polenta

½ cup onion, minced

3 tablespoons olive oil

3 cups chicken broth, brought just to a boil, plus more on hand just in case

1 cup quick-cooking polenta

1 cup Parmesan cheese, grated

4 tablespoons parsley, chopped

Salt

Sauté the onions in the oil in a 4-quart pot over medium heat. When the onions are glassy, add 2 cups of the stock and then the polenta.

Stirring frequently, cook for 8 to 10 minutes adding stock as needed until polenta has lost its sandy texture when rubbed between thumb and forefinger. Keep cooking and tasting until the polenta is tender.

Lower heat a few notches. Stir in the cheese. Cook for a minute or two, stirring frequently. Add the parsley, season with salt to taste.

For this meal: Immediately spill the contents of the pot out onto a large board. Pile the meats and some sauce over it as described above. Serve immediately.