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Recipe number twelve

This is a really simple but unusual recipe with which you will delight yourself and others. The citrus fruit brings sunshine to the plate, and its acidity makes the classic braise lighter and fresher.

Brasato con gli agrumi Braised beef with citrus fruit

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Ingredients for 4 – 6 people

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|--------------------------------------|---|
| 600 – 800 g braising beef | season with |
| Salt and pepper | and rub well with |
| 1 garlic clove | all over! |
| 4 tbsp olive oil | into a suitable cold casserole and put the beef in. |
| 1 jar of anchovy fillets | take them out, blot off the oil with kitchen paper and lay the fillets over the meat. Grate the zest of |
| 1 orange | and squeeze |
| 1 lemon and 1 orange | pour the juice and zest over the meat, then chop |
| 1 onion or shallot | roughly and lay it on the meat (onion lovers take double the amount) and finally put |
| 20 g butter, in little pieces | on top. |

Cover and put into a cold oven:
braise at 160 degrees for about 2 – 3 hours.

We serve chickpeas with rosemary and garlic alongside. But a polenta is delicious with it too.

VERONICA'S TIP:

The inspiration for this recipe comes from «Aschenbrödel's Küche» by Alice Vollenweider (Limmat Verlag), a cookbook of simple, inexpensive recipes. I am also very fond of her two Italian books, «Italiens Provinzen und ihre Küche» and «Die Küche der Toskana». They are so restrained, extremely informative, almost a little dry, and written with great expertise. In their plainness they have more substance than many a glossy cookbook.