



Trust Carolyn Case Club

Recipes for pairing with Trust Carolyn
Case Club November 2010 Selections

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Brasato di Manzo al Vino Rosso

Cocoa-Crusted Beef Braised in Red Wine

Chef: Dino Bugica

Pair with Cabernet Sauvignon from Pendleton and Dark Horse
or Saracina Petite Sirah - Serves 4

Ingredients

- 2 lbs. Chuck roast
- Salt and pepper
- ¼ c. flour
- ¼ c. unsweetened cocoa powder
- 3 Tbsp. olive oil
- 3 Tbsp. unsalted butter
- 1 yellow onion, chopped
- 1 carrot, peeled and chopped
- 1 celery stalk, chopped
- 2 Tbsp. parsley chopped
- 2 Tbsp. rosemary chopped
- 2 bay leaves
- 2 cloves garlic, chopped
- ½ c. pine nuts
- ½ c. currants
- 1 bottle dry red wine



Salt and Pepper the chuck roast. On a large plate, stir together the flour and cocoa. Dust the roast on all sides with flour-cocoa mixture, shaking off the excess and reserving it.

In a heavy skillet, heat the olive oil over high heat and add the roast, browning it on all sides 10 – 15 minutes. Set aside.

In a Dutch oven, melt the butter over medium high heat. Add the onion, carrot, celery, parsley, rosemary, bay leaves, and garlic. Sauté until softened, 8 – 10 minutes. Add the browned meat and the wine and bring to a gentle boil. Reduce the heat to low, cover and simmer until the meat is tender, approximately 2 ½ hours.

Transfer the meat to a carving board and cover. If the sauce is too thin, reduce over high heat to a satisfactory consistency, adding 2 Tbsp. reserved flour-cocoa mixture as the sauce reduces.

Serve with Polenta, recipe follows:

Polenta

Serves 6

- 1 1/2 cups water
- 1 cup yellow cornmeal
- 2 1/2 cups canned low-salt chicken broth
- 1 cup grated Parmesan cheese
- 1/4 cup whipping cream
- 1/4 stick butter

Combine water and cornmeal in small bowl. Bring broth to boil in heavy large saucepan. Gradually add cornmeal mixture, stirring vigorously with a whisk and then transfer to a wooden spoon, until well blended. Reduce heat to low and simmer until polenta is very thick, stirring occasionally, about 15 minutes. Mix in 1/2 cup cheese, cream and butter. Season to taste with salt and pepper. Transfer polenta to serving bowl. Sprinkle remaining 1/2 cup cheese over and serve under or alongside Cocoa Crusted Beef.