

BEEF WRAPPED OR INVOLTINI WITH FUSILLI



Ingredients (serves 6 people):

Olive oil to taste

150 ml of red wine

1 chopped onion

1 stalk of peeled and chopped celery

1 peeled and chopped carrot
2 cans of peeled tomatoes of 400 g each
2 tbsp double concentrated tomato paste
½ pack of fresh basil
500 g dry or fresh fusilli

Involtinis

750 g topside or knuckle steaks with external fat removed
Sea salt to taste
Freshly ground black pepper
20 g of grated Parmesan cheese
3 cloves garlic, minced
½ packet of parsley with picked leaves

Preparation:

1. To make the involtinis cut the steaks to give twelve equal pieces.
2. Place on a meat board and beat each with a meat whisk to about ½ cm thick.
3. Season with salt and pepper.
4. Grate the Parmesan cheese over the steaks, then sprinkle the garlic over it.
5. Place the parsley leaves on top.
6. Firmly wrap each slice of meat and close with toothpicks.
7. Heat five tablespoons of olive oil in a large pan over medium heat.
8. Add the involtinis gradually and seal.
9. Raise the heat to high, pour the wine and let it bubble until halved.
10. Use a slotted spoon and transfer the involtinis to a plate and set aside.
11. Then put the onion, celery and carrot in the pan.
12. Bring to high heat with three more tablespoons of olive oil.
13. Cook for five minutes or until soft.
14. Add the peeled tomatoes.
15. Fill the can of peeled tomatoes with hot water and add the double concentrated tomato paste and mix well.
16. Then pour into pan.

17. Cover and boil.
18. Chop and add the basil including the stems and season to taste with salt and pepper.
19. Cook for a few more minutes and return the involtinis to the pan and bring to the boil.
20. Reduce heat to low, cover with lid and cook for about 45 minutes or until meat is tender and stir occasionally.
21. When the sauce is almost done, cook the fusilli in a large pan of boiling salted water until al dente. Set aside some of the cooking water.
22. Transfer the wrappers to a plate, remove the toothpicks and keep warm.
23. Drain the fusilli and add to the sauce. Set aside some of the cooking water.
24. Mix well over fire until beautiful and shiny and add a little water to loosen if necessary.
25. Serve the pasta as a starter, followed by the involtini and side dish a salad of fresh and tasty leaves.

Note: Involtni blends in well with less noble cuts of meat like outside flat or eyeround, but needs to cook longer.