

Beef with Barolo Wine
(Stufato al Barolo)

INGREDIENTS:

Servings: 2 people

Nutmeg	pinch
Garlic clove	1
Salt and freshly ground pepper	pinch
Rump of beef	1 lb
Barolo wine	1 cup
Fresh thyme sprig	1
Fresh Italian parsley	small handful
Bay leaf	1
Butter	2 tbs
Olive oil	1 tbs
Small onion	1

Servings: 4 people

Nutmeg	pinch
Garlic cloves	2
Salt and freshly ground pepper	pinch
Rump of beef	2 1/4 lbs
Barolo wine	1 pint
Fresh thyme sprigs	2
Fresh Italian parsley	small handful
Bay leaves	2
Butter	3 tbs
Olive oil	2 tbs
Medium onion	1

Servings: 6 people

Nutmeg	pinch
Garlic cloves	3
Salt and freshly ground pepper	pinch
Rump of beef	3 1/4 lbs
Barolo wine	1 1/2 pints
Fresh thyme sprigs	2
Fresh Italian parsley	medium handful
Bay leaves	2-3
Butter	1/3 cup
Olive oil	3 tbs
Onion	1

Servings: 8 people

Nutmeg	pinch
Garlic cloves	4
Salt and freshly ground pepper	pinch
Rump of beef	4 1/2 lbs
Barolo wine	1 quart
Fresh thyme sprigs	2
Fresh Italian parsley	medium handful
Bay leaves	3
Butter	1/2 cup
Olive oil	1/4 cup
Small onions	2

Servings: 10 people

Nutmeg	pinch
Garlic cloves	5
Salt and freshly ground pepper	pinch
Rump of beef	5 3/4 lbs
Barolo wine	1 1/4 quarts
Fresh thyme sprigs	2-3
Fresh Italian parsley	large handful
Bay leaves	3
Butter	1/2 cup
Olive oil	1/3 cup
Medium onions	2

Servings: 12 people

Nutmeg	pinch
Garlic cloves	6
Salt and freshly ground pepper	pinch
Rump of beef	6 3/4 lbs
Barolo wine	1 1/2 quarts
Fresh thyme sprigs	3
Fresh Italian parsley	large handful
Bay leaves	3-4
Butter	2/3 cup
Olive oil	1/2 cup
Onions	2

TOOLS:

Large bowl
Aluminum foil
Chef's knife
Cutting board
Paper towels
Heavy iron pan with lid
Garlic crusher
Wooden spoon

PREPARATION:

Pick the thyme. Peel and *dice the onion*.

Peel and crush the garlic clove. Mix the nutmeg, 1/3 of the crushed garlic cloves, salt, and pepper in a large bowl.

Cut the beef into large cubes. Place the beef cubes in the bowl with the seasonings, and rub the mixture all over the beef. Pour the wine over, and add half the thyme, parsley, and bay leaves. Cover with foil and refrigerate overnight, turning the meat occasionally.

Remove the beef and wipe it dry with paper towels. Strain the marinade and reserve the liquid.

Heat the butter and olive oil in a large heavy pan over medium heat. Saut  the beef for 10 minutes, browning it on all sides. Crush the remaining garlic cloves. Finely chop the remaining thyme. Add the onion, garlic, and thyme to the beef.

Cook, covered, for half an hour and then add one ladle of marinade. Add more from the barolo marinade during cooking, ensuring that there is always sufficient liquid in the pot. Continue to do this for 3 hours. When done, season with more salt, pepper, and nutmeg, if desired. Serve hot.

