



## PETHA IMBINATA

*from*

### **Sweet Myrtle & Bitter Honey**

The Mediterranean Flavors of Sardinia

*By Efsio Farris with Jim Eber*

Published by Rizzoli International Publications (October 2007)

### **Petha Imbinata** *Beef braised in red wine*

Serves 4

- 2 pounds beef top round, trimmed and cubed
- 2 bay leaves
- 1 tablespoon juniper berries, cracked
- 6 sprigs thyme
- 1 sprig rosemary
- 2 star anise
- Sea salt and freshly ground black pepper
- 1 bottle (750 ml) dry red wine
- 4 tablespoons extra virgin olive oil
- 3 garlic cloves, cracked
- 3 shallots, minced
- 1 tablespoon cornstarch
- 1/3 cup mosto d'uva

Place meat in a large bowl. Add bay leaf, juniper berries, thyme, rosemary, and star anise. Pour wine over herbs and beef. Cover and refrigerate overnight (at least 8 hours).

Remove meat from marinade, reserving marinade. Pat the meat dry. Sprinkle with salt and pepper.

In a saucepan, heat olive oil and garlic over a medium-high heat. Add meat and brown evenly; stir in shallots. Add one ladleful of the marinade to the saucepan. Reduce heat to medium. Add remaining marinade and bring to a boil. Reduce heat to medium-low and simmer for 40 minutes.

Remove the meat to a hot plate and keep it warm. Pass marinade through a sieve lined with cheesecloth, returning liquid to saucepan. Combine cornstarch with 3 tablespoons cold water; stir until combined. Add cornstarch mixture and mosto d'uva to sauce.

GourmetSardinia Co., Inc. ~ 7051 Portwest Drive Suite 100 ~ Houston, TX 77024

713-621-6858 ~ [www.gourmetsardinia.com](http://www.gourmetsardinia.com)

Arcodoro & Pomodoro Restaurants ~ Houston & Dallas ~ [www.arcodoro.com](http://www.arcodoro.com)

Bring to a boil then reduce heat and simmer for 5 minutes. Pour sauce over meat before serving.