



Italian Beef

Prep: 15 minutes

Cooking time: 2 hours, 30 mins.

Standing time: 15 mins.

Yield: 8 servings

6 cloves garlic, cut into slivers

1 boneless chuck roast, about 3-4 pounds

1 cup water

2 bay leaves

1 Tablespoon each: crushed red pepper flakes, dried oregano, salt, coarsely ground pepper

8 hero rolls or 4 lengths of Italian bread

Drained roasted peppers or giardiniera (spicy pickled vegetables), optional

1. Heat oven to 325 degrees. Use a small knife to insert the garlic slivers into the roast all over. Put the water in a deep baking pan not much larger than the roast. Add the roast; top the roast with the seasonings.
2. Cover tightly with foil; bake, basting occasionally, adding water if necessary, until meat is fork-tender and browned, about 2 hours, 30 minutes. Remove the beef from the pan; let stand 15-20 minutes. Slice into razor-thin pieces, set aside. Cut beef against the grain.
3. Meanwhile, degrease the pan; taste pan juices and adjust seasoning. (It should be highly seasoned with a peppery bite.) Place the sliced beef in the juices; set aside 15-20 minutes. Serve on rolls with peppers or giardiniera.

From Two for the Road by Jane and Michael Stern