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Bracioline alla Messinese

INGREDIENTS (FOR 6 ITALIAN OR 8 PEOPLE)

- 600 g (21 oz) of very very thin veal (or beef) slices
- 150 g (5.3 oz) of breadcrumbs
- 100 g (3.5 oz) of grated pecorino cheese or parmesan cheese
- 2 cloves of garlic (optional)
- Chopped parsley to taste
- 100 g (3.5 oz) of caciocavallo cheese (or another hard cheese es. galbanino) cut into small cubes
- Extra virgin olive oil to taste
- Salt to taste
- Black pepper to taste
- Lemon juice (optional)
- Wooden or steel skewers



APPROVED

PREPARING THE FILLING

- In a bowl, mix the breadcrumbs with the grated pecorino cheese, chopped parsley, finely chopped garlic cloves, a pinch of salt, and pepper.
- Add a drizzle of extra virgin olive oil to get a moist, well-blended mixture.



PREPARING THE MEAT

- Lay the meat slices on a work surface and gently pound them with a meat mallet to make them thin and even.
- Spread a small amount of the filling on each meat slice.
- Add a few caciocavallo cubes in the center of each slice.



FORMING THE ROLLS

- Roll up each meat slice, starting from one end and rolling to the other, to form a roll.
- Skewer each roll, placing 4-5 rolls on each skewer.



COOKING

- You can cook the bracioline on a grill, on a griddle, or in a non-stick pan. In any case, preheat the cooking surface well.
- Grill the bracioline for about 5-7 minutes per side, until they are well browned and evenly cooked.
- During cooking, you can brush them with a little extra virgin olive oil and, if you like, a few drops of lemon juice.

