

Steak Pizzaiola

ingredients:

- 2 – 3 pounds chuck steak, bone-in
- 3 tbsp olive oil
- 1/8 – 1/4 tsp red pepper flakes, depending upon taste
- 1 medium yellow onion, chopped
- 3 cloves of garlic, chopped fine
- 2 – 3 tbsp tomato paste
- 1 large can (28 oz.) tomatoes (I prefer diced or crushed)
- 1 tbsp Italian seasoning or dried oregano or any combination of the two
- 3 tbsp chopped fresh parsley
- 2 tbsp chopped fresh basil
- salt & pepper
- 1 lb pasta, cooked al dente per package instructions, reserve 1 cup of pasta water
- grated Pecorino Romano cheese

directions:

- Pre-heat oven to 325*
- Heat oil in large, oven-proof, frying pan with a tight-fitting lid, over med-high heat.
- Season meat liberally with salt & pepper and sear in frying pan, about 4 minutes each side.
- Remove meat to a platter and add red pepper flakes to the pan. Cook for about 2 minutes.
- Add onions to the pan, season with salt & pepper, and sauté until translucent, about 6 – 8 minutes
- Add garlic and continue cooking for 2 minutes.
- Add tomato paste and continue cooking for 1 – 2 minutes.
- Add tomatoes, parsley, Italian seasoning and/or optional oregano, and stir to combine with pan's contents. Season with salt and pepper.
- Return meat to the pan, cover the meat with sauce, cover tightly with lid, and place in center of oven.
- Braise meat for 2 hours, checking it every 30 minutes or so. Either flip the meat over or spoon more sauce over it.
- After 2 hours, begin heating water for the pasta and remove the lid from the pan in the oven. This will allow the sauce to thicken while the pasta cooks. When the pasta is al dente, reserve a cup of pasta water, drain the pasta, and check your sauce. If your sauce is too dry, use the pasta water to compensate.
- Place drained pasta in a large bowl. Take sauce out of the oven, remove any loose bones, and combine with cooked pasta. Garnish with basil and grated Pecorino Roman cheese.
- Serve immediately.

Recipe courtesy [from the Bartolini kitchens](#)