

A Taste of Florence

- 3 Simple & Heartwarming Recipes -



Peposo alla Fornacina (Florentine Beef and Pepper Stew)

SERVES 4 - COOK IN 3 HOURS



Ingredients

- 1kg beef shank, cut into 1-inch cubes
- 12 garlic cloves, peeled and whole
- 1l of Chianti or Sangiovese wine
- Peppercorns, whole or ground
- Salt

Preparation

1

Preheat the oven to 140 degrees Celsius (°C). Place all ingredients in a large oven pot: 1kg of beef shanks cut into 1-inch cubes, 12 peeled and whole garlic cloves, 1l of Chianti or Sangiovese wine, salt and 2 tablespoons of black pepper. If you want a delicate peposo, leave the peppercorns whole, but if you prefer a spicy kick, use ground pepper.

2

Cover the pot and cook in the oven for approximately 3 hours, stirring occasionally, checking that the beef remains covered in wine and adding hot water or broth if necessary. When the dish is ready, the meat should be very tender and the wine should have reduced to a sauce. If the wine has not reduced enough, remove the lid and continue to cook (N.B. Be careful not to dry out the meat).

3

Season with more pepper if desired, and serve warm on top of slices of toasted Tuscan bread. You can also cook peposo on the stove, however consider longer cooking time. Buon appetito!

Pollo in Fricassea (Chicken Fricassée)

SERVES 4 - COOK IN 1 HOUR



Ingredients

- 4 chicken breast, cut into large chunks
- 7 spring onions, cleaned and bottoms sliced off
- 2 garlic cloves
- 2 egg yolks
- 1/2 litre chicken broth, or vegetable broth
- 200ml white wine
- 1 lemon, juiced
- 10 salvia leaves
- Sprig of rosemary
- Parsley (optional)
- Extra-virgin olive oil
- Salt & pepper

Preparation

1

Place some olive oil in a tall, large saucepan (enough to cover the surface area) and add: spring onions, garlic cloves, salvia leaves and sprig of rosemary. Once the oil is hot, add the chicken and continue to cook, making sure to brown on both sides.

2

On high heat, deglaze the chicken with white wine. Once the alcohol evaporates, reduce the heat and add enough broth (chicken or vegetable) to cover the chicken. Cover and leave the chicken to braise for 30 minutes. (N.B There should be enough cooking liquid throughout; add more broth if needed).

3

Remove the saucepan from the heat and discard the rosemary and salvia leaves. Beat egg yolks and lemon juice in a bowl, and then stir delicately into the chicken. (N.B This should be done with no heat, as you don't want to risk scrambling the eggs). Continue stirring until the cooking liquid thickens into a light, creamy sauce. Season with salt and pepper, and if you want a pinch of parsley. Serve your pollo in fricassea warm. Buon appetito!

La Francesina (Boiled Beef Sauteed with Onions)

SERVES 4 - COOK IN 1 HOUR



Ingredients

- 600-850g leftover boiled and frayed beef (original recipe uses tongue, shin, silverside, rump)
- 4 red/white onions, finely sliced into rings
- 120ml red wine
- Teaspoon of tomato paste
- Extra-virgin olive oil

Preparation

1

Heat some olive oil in a casserole, add the finely sliced onions and cook on low heat until translucent.

2

Add the boiled and frayed beef, red wine and teaspoon of tomato paste. Cook on high heat for 10-15 minutes. Reduce to low heat, cover and cook for 1 hour.

3

Season to taste and serve warm. This dish should be served with a chunk of Tuscan bread to mop up the remaining sauce on your plate. Buon appetito!