

Stock take

A fantastic homemade stock can make all the difference to how good a dish tastes. Chef **Luca Ciano** shares the secrets behind his tasty *brodo* and shows us wonderful ways of using it to make hearty Italian favourites.

PHOTOGRAPHY ROB SHAW | STYLING LOUISE BICKLE

Brodo, p88



MASTER RECIPE: LUCA'S BRODO

MAKES 12 cups (3L) **PREP** 10mins
COOK 2hrs 5mins

MAKE IT AHEAD • FREEZER FRIENDLY

A good brodo will make your recipes taste even better. To achieve a great risotto or casserole, for example, a good-quality stock is needed to transfer all of the flavours that were once in different meat cuts and bones into your dish. It is the starting point for so many things and, in a professional kitchen, the first thing we do every morning is to put one on – fresh every day!



- ¼ cup (60ml) olive oil**
- 1 large brown onion, halved, skin on**
- 1kg beef flank steak (or secondary beef cut suitable for stewing)**
- 1kg veal bones**
- ½ whole chicken**
- 1 carrot, coarsely chopped**
- 1 celery stalk, coarsely chopped**
- 2 garlic cloves, crushed**
- 2 dried bay leaves**
- 1 tsp whole black peppercorns**
- 1 tsp salt**
- 1 thyme sprig**

1 Heat oil in a large heavy-based stockpot on medium. Add onion, cut-sides down, and cook for 3-4 mins, until browned. Add beef, veal bones and chicken. Cover with 16 cups (4L) water. Stir in remaining ingredients.

2 Bring to a simmer on medium heat (do not boil). Simmer, uncovered, skimming surface occasionally with a large metal spoon, for 2 hrs. Cool slightly. Strain brodo through a fine sieve into a large heatproof bowl. Use as desired.

In each cup 135 kilojoules, 5g protein, neg total fat (neg sat fat), 3g carbohydrate (1g sugar), neg fibre, 495mg sodium.

tips} For a more intense flavour, reduce the stock by simmering for 30 mins longer.

- Brodo is suitable to freeze for up to 3 months. Portion it into 1-cup or 1L quantities, or ice cube trays. Thaw it in the fridge overnight before using.
- Don't discard the meat – you can use it to make a ragu to serve with pasta.

Veal & mushroom spezzatino with potato

SERVES 4 **PREP** 45mins **COOK** 1hr 10mins
3 OF 5-A-DAY • KID FRIENDLY

Everyone is familiar with Italian cuisine being simple and relying on good ingredients. When it comes to *spezzatino*, it is a dish straight from the *cucina povera*, "cuisine of the poor". These dishes are popular because they're simple, cheap and delicious, perfect to enjoy and share with your family.

- 800g boned veal shoulder, cut into 2cm pieces**
- ⅓ cup (50g) plain flour**
- 2 tbsp olive oil**
- 50g butter**
- 1 brown onion, thinly sliced**
- 1 carrot, finely chopped**
- 250g Swiss brown mushrooms, halved**
- ⅔ cup (160ml) white wine**
- 15g dried porcini mushrooms, soaked in 1 cup water, drained, liquid reserved**
- 1 cup (250ml) brodo (see recipe, left)**
- ½ cup (130g) tomato passata**
- 1 dried bay leaf**
- 1 rosemary sprig**
- 4 potatoes, cut into 2.5cm cubes**
- crusty bread, to serve**

1 Dust veal in flour, shaking off any excess. Heat oil and butter in a large heavy-based saucepan on medium. Add onion and carrot and cook, stirring, for 2 mins, until softened slightly.

2 Increase heat to high. Add veal and cook, stirring, for 2-3 mins, until browned. Add Swiss brown mushroom and cook for 2-3 mins, until soft. Stir in wine and bring to boil. Reduce heat to low and simmer, uncovered, for 2-3 mins, until reduced slightly. Stir in porcini mushrooms and reserved liquid, discarding any sediment that may have settled in liquid.

3 Stir in brodo and passata and bring to a simmer. Add herbs and cook, covered, for 40 mins, until veal is tender. Add potato and cook, covered, for 20 mins, stirring occasionally, until potato is tender. Serve with bread.

In each serve 2661 kilojoules, 54g protein, 24g total fat (9g sat fat), 45g carbohydrate (6g sugar), 7g fibre, 474mg sodium.

"A good *brodo* will make your recipes taste even better... It is the starting point for so many things." Luca



Veal & mushroom spezzatino with potato

EAT OUT
AT HOME



Classic osso buco with gremolata; Risotto alla Milanese

COMFORT
FOOD

Classic osso buco with gremolata

SERVES 4 PREP 20mins COOK 1hr 45mins
DOUBLE IT • FAMILY FAVOURITE

- 4 veal osso buco**
- ¼ cup (35g) plain flour, seasoned**
- 50g unsalted butter**
- 2 tbsp olive oil**
- ½ brown onion, finely chopped**
- ½ carrot, finely chopped**
- ½ celery stalk, finely chopped**
- ⅓ cup (80ml) dry white wine**
- 1 cup (250ml) brodo (see recipe, p88)**
- 2 vine-ripened tomatoes, finely chopped**
- 1 dried bay leaf**
- 1 rosemary sprig**
- gremolata**
- ¼ bunch flat-leaf parsley, finely chopped**
- 2 tbsp lemon zest**

- ½ garlic clove, finely chopped**
- 2 tbsp extra virgin olive oil**

1 Dust veal in flour, shaking off excess. Heat butter and oil in a large flameproof casserole pan on medium. Cook veal for 2-3 mins each side, until browned. Remove from pan.

2 Add onion, carrot and celery to same pan and cook for 3-4 mins, until onion softens. Add wine and cook for 2-3 mins, until almost evaporated. Return veal to pan with brodo, tomato, bay leaf and rosemary. Simmer, covered, for 1½ hrs, until veal is tender. Season to taste.

3 To make gremolata, combine all ingredients in a small bowl. Season to taste.

4 Scatter gremolata over osso buco and serve with Risotto alla Milanese (recipe, right). **In each serve 2047 kilojoules, 38g protein, 32g total fat (11g sat fat), 11g carbohydrate (4g sugar), 3g fibre, 217mg sodium.**

Risotto alla Milanese

SERVES 4 PREP 10mins COOK 25mins
REHEAT IT • SUPER EASY

I love risotto, and basically grew up on it, like Aussies do with Vegemite. My mum would cook this with the osso buco at least once a week in winter. It truly takes me back to my childhood – such a family moment with great flavoursome comfort food.

- 2 tbsp olive oil**
- 80g unsalted butter, chopped**
- ½ small brown onion, finely chopped**
- 30g beef or veal marrow (see tip)**
- 1 cup (200g) carnaroli rice (see tip)**
- ⅓ cup (80ml) dry white wine**
- pinch of saffron threads**
- 4 cups (1L) brodo (see recipe, p88), hot**
- ¾ cup (60g) grated Parmigiano Reggiano cheese**

1 Heat oil and 20g of butter in a large saucepan on medium. Cook onion for 2-3 mins, until softened. Add marrow and cook for 2 mins, until marrow softens.

2 Add rice and stir to coat grains. Stir in wine and saffron then heat until wine has evaporated. Add brodo, one ladle at a time, allowing liquid to absorb between additions, stirring, for 20 mins, until rice is creamy and cooked but still firm to bite.

3 Remove from heat. Add cheese and remaining butter and stir to combine. Stand for 2-3 mins before serving. Risotto should look creamy and runny; if not, just add a little more brodo. Serve with Classic osso buco with gremolata (recipe left). **In each serve 2147 kilojoules, 14g protein, 31g total fat (15g sat fat), 44g carbohydrate (2g sugar), 1g fibre, 721mg sodium.**

tips} Your butcher will be able to supply you with bone marrow. It adds depth of flavour and richness to the risotto.

- Carnaroli is a medium-grain rice which is traditionally used for making risotto. It has a slightly larger grain than arborio rice. Carnaroli rice is available at most Italian grocery outlets and delicatessens.



Pasta e fagioli

Pasta e fagioli

SERVES 4 PREP 20mins SOAK overnight
COOK 45mins

LOW SAT FAT • LOWER GI • 2 OF 5-A-DAY

Pasta e fagioli literally translates as “pasta and beans”. It’s a classic Italian soup. There are quite a few different versions, depending on which region you are from – some recipes use short-cut pasta, some use long. This is a version from the Veneto region.

- 1 cup (200g) dried borlotti beans**
- 1 brown onion, thickly sliced**
- 2 celery stalks, thickly sliced**
- 2 carrots, thickly sliced**
- 2 garlic cloves, crushed**
- 1 rosemary sprig**
- 8 sage leaves**
- 1 tbsp olive oil**
- 100g pancetta, sliced**
- 6 cups (1.5L) brodo (see recipe, p88)**
- 100g tagliatelle pasta**
- 2 tbsp extra virgin olive oil**
- crusty bread, to serve**

1 Place borlotti beans in a bowl. Cover with water. Stand overnight to soak. Drain and rinse.

2 Combine onion, celery, carrot and garlic in a large bowl. Place borlotti beans, half of vegetable mixture, rosemary sprig and 4 sage leaves in a large saucepan. Cover with water and bring to boil. Reduce heat to low and simmer, uncovered, for 25-30 mins, until beans are tender. Strain mixture, discarding liquid. Cool slightly. Discard herbs and vegetables.

3 Heat olive oil in a large saucepan on medium. Add remaining vegetable mixture, pancetta and remaining sage. Cook, stirring occasionally, for 5 mins, until pancetta is browned. Add brodo and three-quarters of cooked beans and bring to boil. Reduce heat to low and simmer, uncovered, for 10-15 mins, until reduced slightly. Remove from heat. Cool slightly. Using a stick blender, blend until smooth.

4 Return soup to low heat. Bring to a simmer. Break tagliatelle into soup and cook for 3-4 mins, stirring constantly, until just tender. Season. Stir in remaining beans.

5 Drizzle with extra virgin olive oil, season with pepper and serve with crusty bread. **In each serve 1995 kilojoules, 27g protein, 19g total fat (3g sat fat), 44g carbohydrate (8g sugar), 12g fibre, 1131mg sodium.**

Minestrone alla Milanese

SERVES 6 PREP 30mins COOK 25mins
3 OF 5-A-DAY • SUPER EASY

Minestrone is definitely the most popular Italian soup, both in Italy and abroad. The Milanese version uses rice, not pasta, as rice is typical in dishes of the region of Lombardy. I used to hate it as a kid “cause there’s too much veg” – now I can’t get enough of it. I love it as winter comfort food or even served chilled in summer.

- ⅓ cup (80ml) extra virgin olive oil, plus extra to drizzle**
- 25g butter**
- 25g pancetta, finely chopped**
- 1 small brown onion, finely chopped**



Minestrone alla Milanese

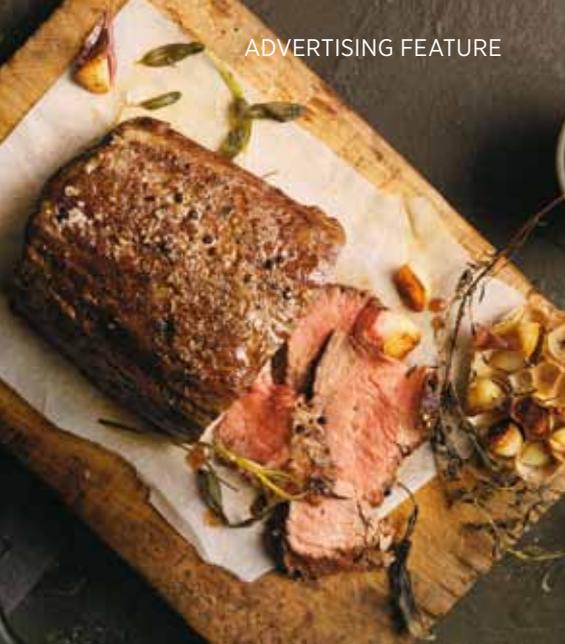
- ½ leek, pale section only, chopped**
- 1 small carrot, cut into 1cm cubes**
- 2 celery stalks, chopped**
- 250g Savoy cabbage, hard core removed, shredded into 1cm-thick slices**
- ½ cup (60g) frozen peas**
- ½ cup (70g) shelled fresh borlotti beans**
- 1 potato, peeled, cut into 1cm cubes**
- 1 small zucchini, cut into 1cm cubes**
- 1 tomato, cut into 1cm cubes**
- 5 cups (1.25L) brodo (see recipe, p88)**
- ½ cup (100g) arborio rice**
- ¼ bunch flat-leaf parsley, finely chopped**
- ⅓ cup (25g) grated Parmigiano Reggiano cheese**

1 Heat oil and half of butter in a large saucepan on medium. Add pancetta and onion and cook, stirring, for 3 mins, until onion softens.

2 Stir in leek, carrot and celery. Cook for 2 mins, until leek softens. Stir in cabbage, peas, beans, potato, zucchini and tomato. Cook for 5 mins, until tender. Season. Add brodo and bring to a simmer. Stir in rice and cook for 14 mins, until rice is tender. Season to taste.

3 Remove from heat. Stir in remaining butter. Serve topped with parsley, cheese and extra oil. **In each serve 1328 kilojoules, 11g protein, 18g total fat (5g sat fat), 26g carbohydrate (6g sugar), 5g fibre, 593mg sodium.**

tip} This soup can be frozen for up to 3 months. Cool to room temperature, place in an airtight container and then freeze. Thaw in the fridge overnight. Reheat on medium heat, stirring occasionally.



QUALITY assured

UNSURE HOW TO CHOOSE QUALITY BEEF? NOW THERE'S A SYMBOL DESIGNED TO HELP YOU IDENTIFY TENDER, TASTY BEEF EVERY TIME YOU SHOP.

Meat Standards Australia (MSA) is an independent grading system designed to help you take the guesswork out of buying and cooking beef. Developed by 86,000 consumers who tested more than 600,000 beef samples, the MSA symbol is the most reliable way to identify consistent quality beef.

How to cook the perfect roast

TEMP: 200°C

Rib eye/scotch fillet, rump, sirloin, fillet/tenderloin, standing rib roast, rolled rib beef roast

RARE: 20 mins per 500g

MEDIUM: 25 mins per 500g

WELL DONE: 30 mins per 500g

TEMP: 160°C

Bolar blade, round, eye round, oyster blade

RARE: 25 mins per 500g

MEDIUM: 30 mins per 500g

WELL DONE: 35 mins per 500g

Look for this symbol to identify quality Australian beef.



For more information and recipes visit www.themainmeal.com.au/MSA
To download the iPhone app, search 'Beef Essentials' in the App store



NEXT DAY'S LUNCH

Beef braised in red wine with polenta

SERVES 4 PREP 30mins MARINATE overnight

COOK 2hrs 40mins

REHEAT IT • FAMILY FAVOURITE

800g boned beef shoulder

1½ cups (375ml) dry red wine

2 small brown onions, coarsely chopped

2 small carrots, coarsely chopped

2 celery stalks, coarsely chopped

2 garlic cloves

2 dried bay leaves

1 rosemary sprig, plus extra to serve

4 dried whole juniper berries

⅓ cup (80ml) olive oil

30g unsalted butter

1 thyme sprig

1 cup (250ml) brodo (see recipe, p88)

2 potatoes, cut into 1cm cubes

polenta

3 cups (750ml) brodo (see recipe, p88)

2 tbsp olive oil

¼ cups (210g) instant polenta

1 Using kitchen string, tie beef at 1cm intervals to keep shape. Place in a large glass bowl. Add 1 cup of wine, half of onion, half of carrot, half of celery, half of garlic, 1 bay leaf, rosemary sprig and 2 juniper berries. Cover with plastic wrap and refrigerate overnight to marinate.

2 Drain beef from marinade. Discard marinade. Heat oil and butter in a large heavy-based

saucepan on medium. Add remaining onion, carrot, celery, garlic, bay leaf and juniper berries with thyme. Cook, stirring, for 4-5 mins, until vegetables soften. Add beef and cook, turning to coat in mixture, for 3-4 mins, until browned. Add remaining wine and brodo (liquid should cover beef by three-quarters). Bring to boil. Reduce heat to low and simmer, covered, for 2 hrs, turning beef every 10-15 mins, until tender.

3 Add potato. Cook, covered, for 30 mins, until tender. Remove beef from saucepan, cover with foil and set aside to rest. Using a slotted spoon, remove one-third of vegetables from stock and transfer to a large bowl. Using a stick blender, puree vegetables. Return puree to saucepan and stir to combine.

4 Meanwhile, to make polenta, bring brodo to boil in a heavy-based saucepan on medium heat. Add oil, then polenta, in a thin, steady stream, whisking constantly. Cook, covered, whisking occasionally, for 10-12 mins, until thick. Season.

5 Spoon polenta onto serving plates. Serve with beef, sauce and extra rosemary.

In each serve 3533 kilojoules, 54g protein, 44g total fat (12g sat fat), 54g carbohydrate (4g sugar), 4g fibre, 632mg sodium.

tip} When buying beef, look for the Meat Standards Australia (MSA) symbol at participating butchers and supermarkets. This quality-assurance symbol means the beef meets strict criteria to ensure it is tender, tasty and juicy.