

SATELLITE ISLAND

TASMANIA

Bresaola

Nicholls Rivulet Organic Farm

www.organicfoodfarm.com.au

10-12lb of beef preferably round trimmed of all fat

4-5 litres red wine

2.5lb coarse salt

12 small branches of rosemary

1 bunch of thyme

6-8 bay leaves

2lbs carrots

2lbs white onions

6-8 garlic cloves

1/2 cup peppercorns

1/2 cup juniperberries crushed

1tbls chilli flakes - hot

2 oranges worth of peel

Place all ingredients except the beef into a tub - large enough to hold marinade and beef, mix well.

Place whole piece of Round in marinade (meat must be completely covered) cover tub and refrigerate for 1 week until meat feels firm.

Remove from marinade after a week dry and wrap in 2 layers of cheesecloth, hang in a cool place (15 C) for 3 weeks + until meat is firm and has no give when pressed in with fingers.

When meat is ready remove all white mould with a scraper and wash in vinegar, pat dry and rub all over with olive and wrap in greaseproof paper keep in refrigerator - keeps for up to 2 months if it lasts that long.

Serve sliced paper thin drizzled with olive oil, shaved Parmesan and crusty bread.
