

Florentine Style Meat in a Baking Dish

Country: Italy

Century: 15th

This recipe yields a pleasantly flavored meat ready to serve right from the oven.

- 1-2 lbs. beef sirloin roast, cut into fist size pieces
- 1/2- 3/4 onion
- 1/8 cup prunes
- 1/8 cup raisins
- 1/2 tsp. pepper
- 1/4 tsp. cinnamon
- 3 whole cloves
- 1/4 tsp. salt
- 1 tsp sugar
- pinch saffron
- 1/8 cup water

- 1/4 cup red wine
- 1/4 cup verjuice

Lay meat in a baking dish. Cover with fruit, salt, and liquids. The liquids should be no more than a finger's-width deep in the dish. Put in the oven at 350 degrees. When the meat is half cooked (about 20-30 minutes) flip the meat over and add spices and sugar. Cook another 20-30 minutes, or until completely cooked.