ITALIAN · LUNCH · DINNER

Peposo (Tuscan Black Pepper Beef Braised in Red Wine)

Peposo

195 min · plus 1 hour marinating · Serves 4 · 417 kcal a serve

Video 6:16 in Italian · Casa Pappagallo

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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About 55 g protein and 4 g net carbs a serve: just beef, garlic and black pepper slowly braised in red wine, with no flour, tomato or sugar; rich in vitamin B12 and zinc.

Diet notes: Low carb (3.8 g net carbs) but not keto: 32% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 6 · SERVES 4

- [ ] 900 g **lean braising beef** (sorra di manzo; shin or chuck work), in large cubes
- [ ] 15 g whole **black peppercorns**
- [ ] 3 **garlic** cloves, lightly crushed, left in their skins
- [ ] 1 litre **red wine** (Chianti), cooked down to a thick glaze
- [ ] a drizzle of extra **virgin olive oil** (about 1 tbsp)
- [ ] **salt**, a little, to taste

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Choose a cut for long cooking (not fillet). Cut it into large chunks, about 5 cm; leave small bits of fat on for flavour and trim only large fatty pieces. 0:38
2. Put the beef in a bowl with the peppercorns and garlic, pour over enough red wine to cover, cover the bowl and leave to marinate for about 1 hour (in the fridge if the kitchen is hot or you marinate longer). 1:45
3. Heat a drizzle of olive oil in a heavy casserole, then add the beef, garlic, peppercorns and all the wine, a little at a time. 3:02
4. Add a little salt, turn the heat to the lowest setting, cover and cook for at least 3 hours, until the wine has almost all evaporated into a thick dark sauce and the beef is spoon-tender. 3:31
5. Taste, add salt if needed, and serve the beef with its dense sauce. 3:57

> **Tip** Serves 4 is our estimate for the video's 900 g of beef (the cook's website has a 1.5 kg version for 4). He serves it with warm white beans, sage and olive oil, or mashed potato. Even better reheated the next day.

The method is a summary in our words, in English — the video (in Italian) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
417 kcal	55 g	4.8 g	1 g	15 g	500 mg
1,740 kJ	111% of a day	3.8 g net · 0.4 g sugars	4% of a day	5.2 g saturated	22% of a day
		2% of a day		19% of a day	

Energy from net carbs 4% · protein 60% · fat 36% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 192% · Zinc 129% · Selenium 107% · Vitamin B6 55% · Iron 32%

Source of (10–19%) Potassium 14% · Magnesium 13%

Recipe and video: Casa Pappagallo (@CasaPappagallo) on YouTube — youtube.com/watch?v=kGObyCJI7eQ, published 20 May 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/peposo-dell-impruneta