

Peposo

Peposo is traditionally associated with Brunelleschi, who is reputed to have discovered that the brick-makers making the tiles for the dome of Florence Cathedral cooked it in an earthenware pot placed just in the entrance to the kiln so it didn't burn.

There are many recipes on the internet. This straightforward recipe, serving four people, was culled from *Polenta e Baccala* on the internet¹.

Ingredients

1 kg	beef (a cut with connective tissue like shin)
ca 500 ml	red wine, should be Chianti, but any similar red wine is OK
2 tbsp	black peppercorns
7–8 cloves	garlic
2–3	fresh bay leaves
1 sprig	rosemary
5–6	fresh sage leaves
1 tbsp	tomato paste (optional)
	extra virgin olive oil (optional)
	salt

Method

Cut the meat into big pieces of the same size, about 6–8 cm. Then peel the cloves of garlic.

Put the meat in a suitable heavy-based, stove-top casserole with a couple of tablespoons of extra virgin olive oil—optional and not part of the traditional recipe—the garlic—the cloves left whole, not squeezed or crushed—the peppercorns and herbs and add the wine. Mix it together and let it marinate for at least 30 minutes, or better one hour.

Now add the tomato paste diluted in some warm water, season with a little salt and place the casserole over a medium heat until it comes to the boil. Reduce the heat to the minimum and let it simmer very slowly for at least 3 hours. Keep the casserole covered with just a little opening, and turn the pieces of meat 3–4 times while cooking. If it is getting too dry while cooking, add a little hot water.

When the meat is very tender and breaks easily, and the sauce is thick and coats the meat, the peposo is ready. If the sauce is not thick enough raise the heat and reduce it for few minutes. Check the seasoning. Before serving, remove the herbs ... and the garlic if you prefer.

Serve with good bread, polenta or even mashed potatoes,

¹ <https://polentaebaccala.com/2017/05/05/peposo-traditional-tuscan-stew/>, accessed 1st July 2021.