Text 2

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| COSTATA alla PIZZAIOLASERVES 41.5 lb (750 g) thinly sliced sirloin or rump steak or veal or chicken breasts, skinned6 tablespoons olive oil3 cloves garlic, peeled and crushed1.5 lb (750 g) canned tomatoes, sieved2 tablespoons chopped parsley3 tablespoons chopped basil salt and pepperTrim any gristle and fat off the meat, flatten it as much as possible with a meat mallet and set it to one side. Heat the oil in a frying-pan wide enough to take all the meat in a single layer, add the garlic and fry gently for about 3 minutes. Add the tomatoes, parsley and basil, stir and bring to the boil. Slip the meat into the tomato sauce, cook very quickly for about 5 minutes, sprinkle with salt and plenty of pepper and serve at once. |