

Beef with Marsala

Ground beef can be thawed quickly and turned into a delicious meal in less than 30 minutes.

Extra virgin olive oil	1½ teaspoon garlic chopped fine
1 pound ground beef	1 teaspoon fennel seeds
Salt	1 tablespoon tomato paste, diluted with 2 tablespoons water
Black pepper, freshly ground	Chopped hot red chili pepper, to taste
½ cup dry red wine	
½ cup dry Marsala wine	2 tablespoons chopped parsley

1.) Season the ground beef with salt and pepper. Preheat an oven to 350 degrees. Heat a heavy skillet, preferably cast iron, until it is hot. Brown the patties 2 to 3 minutes on each side. Place the skillet in the oven and finish to desired internal temperature (10-15 minutes for well done.) Remove the meat to a warm platter and cover with aluminum foil.

2.) On the stove top, turn the heat to medium high under the skillet, and put in the Marsala and the red wine. Let the wines bubble for about half a minute, while scraping the pan with a wooden spoon to loosen any cooking residues from the bottom and sides.

3.) Add the garlic, stir just 2 or 3 times, add the fennel seeds, stir for a few seconds, then add the diluted tomato paste and chopped chili pepper to taste. Turn the heat down to medium. Stir frequently until a dense, syrupy sauce is formed.

4.) Return the beef to the pan just long enough to turn the patties 2 or 3 times in the sauce. Transfer to a warm platter or plates, top with parsley and serve.

Makes 4 servings