



EXPLORE Summerside

The City by the Sea

Chicago Inspired Italian Beef

This recipe is based upon the iconic Chicago Italian Beef sandwich by way of PEI. There are some ingredients that are simply unavailable in Canada, so I've taken a bit of poetic license to get us as close as possible. I've opted to use Havarti instead of provolone because I prefer the buttery quality of Havarti melted on this epic sando.

3lb PEI BEEF chuck flats, trimmed of excessive visible fat and cut into large pieces

2 Tbsp Italiano Seasoning or (1 Tbsp italian dry herb seasoning, ½ Tbsp granulated garlic, ½ Tbsp onion powder)

1 cup pepperoncini pepper slices + splash of juice or mild pickled jalapeno

1 cup Pickled Vegetables, drained and chopped

2 cups beef stock

Havarti cheese slices

Hoagie/Sub buns

At a medium-high heat, brown the beef in a small amount of vegetable oil. Place browned beef, Italiano Seasoning, both pickled vegetables, and beef stock in a casserole dish with a fitted lid. Allow the beef to braise in a 350F oven until tender; this should take about 3 ½ hours. If desired after 3 hours have elapsed stir in 2 bell peppers (use your favourite colours).

To assemble the sandwich: Pull apart the meat and stuff some into a bun topped with some of the cooked bell peppers if using. Place a few slices of Havarti on top of the meat and place in a broiler until the cheese just melts. Top with additional pickled vegetables and pepperoncini.

Meat will freeze well for up to 3 months.