



Sicilian Stuffed Beef Roll

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Uncategorized

makes Serves 6-8 **source**

<http://mangiabenepasta.com/falsomagro.html>

INGREDIENTS

2 pounds flank steak, tenderized by butcher @ Thrifty's

(Original: 2# round steak, butterflied and pounded to tenderize)

8 ounces prosciutto, sliced thin

4 ounces provolone, sliced thin

8 ounces ground beef

8 ounces Italian sausage, removed from casings

1/2 cup grated pecorino cheese

1/2 cup frozen peas, thawed

1 small onion, finely chopped

2 garlic cloves, minced

1/4 cup chopped fresh parsley

1 egg

Salt and pepper

2 cups fresh spinach (Added for colour between the eggs and ground meat)

6 hardboiled eggs

1/4 cup olive oil

1/4 cup flour

1 cup red wine

1 cup tomato puree

2 cups beef broth

DIRECTIONS

The steak:

The steak should be roughly a rectangle about 14 x 8-inches.

To butterfly the steak:

Lay the steak on a surface with the long side facing you. Using a sharp knife, slice the steak in half horizontally. You don't want to separate the meat into 2 pieces, so stop slicing before you reach the end. Open the meat like a book.

Place the meat between 2 pieces of plastic wrap and pound to an even 1/2-inch thickness. The steak should be roughly a rectangle about 14 x 8-inches.

To assemble the beef roll:

Arrange the slices of prosciutto and then the provolone over the surface of the steak. In a bowl, combine the ground beef, sausage, pecorino, peas, onions, garlic, and parsley. Add the egg and season with salt and pepper. Stir or use your hands to blend the mixture well. Spread the mixture over the prosciutto and provolone. Don't spread it all the way to the edges of the meat or it will be difficult to roll.

Cut the ends off the hard boiled eggs so that the yolks are still intact but exposed. Arrange the eggs, end to end, down the center of the meat.

Roll the meat from the bottom up over the eggs. Bring the top edge of the meat down over the eggs and slightly overlapping the bottom edge.

Tie the roll at 1-inch intervals with kitchen string along the entire length. Tuck in the ends of the meat and tie the roll from end to end to secure the filling.

Bake and serve:

Preheat the oven to 350 degrees F.

Heat the olive oil in a large skillet over medium-high heat. Dust the meat roll with flour and add it to the skillet. Brown the meat on all sides, about 1 minute per side. Transfer the meat roll to a roasting pan; set aside.

Add the wine to the skillet, scraping up the brown bits in the pan. Cook the wine briskly until reduced by half. Add the tomato puree and beef broth to the skillet;

bring to a simmer. Pour the sauce into the roasting pan; turn the meat in the sauce to coat. Cover the roasting pan with a lid or aluminum foil; place it in the oven. Cook for 1-1/2 hours, turning and basting the meat every 30 minutes. Remove from the oven and allow to rest for 20-30 minutes. Cut off the strings and cut the meat roll into 1/2-inch thick slices. Ladle some of the sauce onto a deep platter. Arrange the slices of meat on top. Serve hot.

Preheat the oven to 350 degrees F. Cut off the strings and cut the meat roll into 1/2-inch thick slices. Pour some of the sauce in a baking dish. Arrange the slices of meat over the sauce. Cover and bake for 30 minutes.

NOTES

From Jo Graham:

I gave you the recipe that I used: I used the flank steak, recommended and tenderized by the butcher at Thrifty's and a layer of kale -not spinach -to encircle the eggs.

We had leftovers from Saturday night and from Wednesday night's test drive. Don and I did not think that Saturday's version was as tasty as when I had used the thin beef rouladen strips as the outside layer and spinach as the green layer to outline the eggs.

Most recipes recommended either round steak or sirloin steak, pounded with a meat tenderizer as the outside layer. We plan to make it again- for New Year's Eve is not before and will use one or the other of those cuts and definitely will use spinach as the green layer.

SO... here you have what we did and what we actually preferred.... You might want to post the original recipe with a comment about the flank steak substitution. I know you all thought it was delicious but we like the thin roulades better than the flank steak which didn't have any texture. Next time we will try it with a thicker piece of meat than the rouladen- though that was very convenient.

It was such a dramatic thing to serve and not nearly as difficult as it sounds - or looks. I think would be even better & more interesting carved at the table, to really build the suspense of the "false lean" definition. I'd really recommend trying it.