

THE CULINARY

Playground



Flank Steak Roulade

1/2 lb fresh baby spinach or 8-10 oz package frozen spinach, thawed
1 1/2 pounds flank steak
6 oz thin sliced provolone cheese
1 teaspoon kosher salt, divided
1 teaspoon black pepper, divided
4 thick slices of bacon, diced
1 medium red pepper, diced
1 small green zucchini, diced
1/2 teaspoon chili powder
1 garlic clove, pressed
2 tablespoons coconut oil or olive oil

Preheat oven to 400°F.

Heat a saute pan over medium heat. Add bacon and cook for 3-4 minutes.

Toss in peppers and zucchini, cooking for 3-4 more minutes.

Next, sprinkle chili powder, garlic, and 1/2 teaspoon each of salt and pepper. Mix well.

Continue to cook until vegetables are tender and remove from heat to cool.

Lay steak on a parchment paper lined cookie sheet.

Season inside of flank steak with salt and pepper to taste (approximately 1/4 teaspoon of each).

Layer provolone across steak leaving a border.

Spread cooled bacon and vegetable mixture evenly over the provolone.

Squeeze as much water as you can out of the thawed spinach (if using frozen)

Cover vegetable mixture with the spinach. This will help keep the vegetables in place.

Using the longer side of the steak, roll up the flank steak tightly, tucking in filling as you go. Set steak seam side down and tie with butcher twine, every few inches. Season the outside of the roulade with salt and pepper (approximately 1/4 teaspoon each).

Heat large saute pan over high heat. Add oil.

When oil is shimmering, add roulade and sear all of the sides until golden brown.

Place roulade in oven and cook until the internal temperature reaches 120°F for medium rare (approximately 18-20 minutes).

Let the roulade rest for 20 minutes after removing from the oven and the residual heat will raise the temperature of the meat to 125-130°F. Slice and remove twine before serving.