

## Dan Ralston's Kitchen

### Stuffed Flank Steak (Roulade)

Serves: 4-6

I developed this dish for Frank Babb's celebration dinner after he found out that he had been accepted at Grand Canyon University. Since Frank is half Italian the dish is decidedly Italian influenced and requires 4 cups of my Marinara sauce. You will also need a rubber mallet (or a heavy skillet would work) and butchers string for this recipe.

1 1.5 Lb. Flank Steak  
½ Cup Chopped Green Pepper  
½ Cup Chopped Yellow Onion  
1 Carton Crimini Mushrooms washed and chopped  
5 Tbs. Olive Oil (Mixed use)  
1 Cup Italian Style Bread Crumbs  
4 Cups of my Marinara Sauce  
Salt and Pepper

Trim the flank steak of excess fat and place between 2 sheets of plastic wrap. Pound the steak with a rubber mallet (or the skillet) until it is uniformly less than ½ inch. Remove the plastic wrap and season with salt and pepper. In a skillet heat 3 Tbs. of the olive oil until hot but not smoking, add the green pepper and onion and sauté until soft but not browned. Add the mushrooms and sauté, stirring frequently until the mushrooms have lost their liquid, about 5 minutes. Transfer the mushroom mixture to a mixing bowl and mix in the bread crumbs, add salt and pepper to taste (and to my taste it needs a couple of turns of the pepper grinder.) Spread the mixture evenly over the flank steak leaving about 1 inch uncovered on both ends. Roll the steak up and tie the roll with butchers' string. I do this procedure by tying both ends tightly first then tie the middle in 2 places loosely. Save any stuffing mixture that comes out and add it to the marinara sauce. Pre-heat the oven to 450 degrees. In a Dutch Oven heat the remaining 2 Tbs. olive oil and brown the steak roll, turning with tongs just until it loses its' pink color. Add the marinara sauce and nap the roll so that it has sauce underneath it and on both sides but not on the top. Place the Dutch oven in the oven uncovered for 10 minutes to brown the top of the roll. Reduce the heat to 350 degrees, cover and roast for 50 more minutes.

Remove the steak roll to a warm platter and let rest for 10 minutes. Keep the sauce warm over low heat and stir any stuffing that seeped out into the sauce. Carefully remove the strings and slice the steak roll into 1 inch slices. Spoon some sauce onto warm serving dishes and place 2 slices on each then top with some more sauce. I serve buttered pasta (penne or macaroni) with parmesan cheese and parsley with this dish but you could also accompany it with rice or even mashed potatoes. Serve a hardy Italian red wine like Valpolicella or Chianti and crusty bread.

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