

Flank Steak Roulade

Serves 4-6



Ingredients

- 2 to 2 1/2 pound flank steak
- 1/2 cup balsamic vinegar
- 8 ounces chopped walnuts, about 1 3/4 cups
- 5 tablespoons grated parmesan cheese
- 1 tablespoon minced garlic (2 cloves)
- 1 teaspoon red pepper flakes
- 2 teaspoons coarse kosher salt
- 1/2 cup olive oil
- 2 cups loosely packed baby arugula
- 8 ounce jar sun-dried tomatoes, packed in olive oil
- 2 teaspoons dried rosemary, hand crushed
- 1/2 teaspoon freshly ground pepper
- Butcher's twine

Instructions

1. Ask your butcher to butterfly flank with the grain to 1/4-inch thick, yielding about an eleven by fourteen inch rectangle. Place in a shallow baking dish with balsamic vinegar. Cover with plastic wrap and refrigerate.
2. In a food processor, pulse together walnuts, 3 tablespoons parmesan, garlic, red pepper flakes and one teaspoon salt to the consistency of coarse cornmeal. Add olive oil while blending to make a paste; set aside.
3. Preheat oven to 450° F. Remove flank, pat dry & lay flat on a cutting board. Layer with walnut paste, arugula and sun dried tomatoes. Roll and tie roast to the 11-inch length. Season the exterior evenly with remaining 2 tablespoons parmesan, 1 teaspoon salt, rosemary and pepper. Set in roasting pan with rack, uncovered.
4. Roast for ten minutes. Reduce heat to 325° F and roast an additional --sixty minutes for medium rare. Allow to rest ten minutes before slicing, two slices per person.