

Chef from the Hood Recipes



Chef:

Gail Boles

Restaurant:

What's Cooking at Fiesta & Pacific Markets

Recipe:

Chef Gail's stuffed & braised Flank Steak!



Chef Gail's Stuffed & Braised Flank Steak!!

Ingredients:

- 1 flank steak, about 2 pounds
- 1 cup bread crumbs, made from untoasted French bread (Lombardi's)
- 1 cup cooked spinach
- (spinach that's been cooked, drained, chopped & squeezed dry)
- 1/2 cup grated Parmesan cheese
- 1 egg, beaten (Clover)
- 2 tablespoons olive oil (Brando's)
- 1/2 teaspoon fresh chopped sage
- 1/2 teaspoon fresh chopped thyme
- 1 teaspoon fresh chives
- 1/2 cup (+/-) all purpose flour
- 3 tablespoons bacon drippings (or olive or vegetable oil)
- 8 ounce can tomato paste (Contadina)
- 1/2 cup red wine (Pacific Palate)
- 1/2 cup (plus) beef stock (Imagine)
- 1 onion, chopped
- 1 tablespoon fresh minced garlic
- salt and pepper

Equipment needed: Cooking string and Dutch oven or deep pan (with cover)

To prepare:

Lightly score the flank steak on one side and lay out on a work surface. Mix the bread crumbs, spinach, Parmesan, egg, olive oil and chopped herbs together in a bowl. Adjust seasoning with salt and pepper. Spread the herb mixture on the scored side of the flank steak. Roll up the steak and tie securely with string. Sprinkle flour over all surfaces of the rolled up steak. Get out your covered pan for the next step.

To cook:

Heat bacon drippings or oil and brown the rolled steak on all sides. Mix tomato sauce, wine, beef stock, onion and garlic. Pour over the meat. Bring up to a boil and then reduce to a simmer. Cover and cook for 2 hours or until the meat is very tender. Turn meat occasionally adding more stock if sauce gets too thick. (It's OK if some of the stuffing has fallen out into the pan).

When tender, remove meat from the pan. Let meat rest for a bit. Remove string and slice into medallions, placing a serving on each of 4 plates. Taste sauce left in the pan and adjust seasonings if needed. Spoon sauce over the meat and serve!

Recipe serves 4.

Side dish suggestion:

Buttered pasta or polenta, fresh blanched green beans, hot French bread and Pacific Palate red to drink!