

Italian Stuffed Flank Steak

Ingredients

3 - 4 cloves garlic minced or pressed through garlic press
1 small shallot minced
2 Tbsp fresh parsley finely minced
1 tsp sage leaves finely minced
1 tsp basil minced
2 Tbsp olive oil
2 - 2 1/2 pounds flank steak
4 ounces thinly sliced prosciutto
4 ounces thinly sliced provolone cheese
toothpicks soaked water for 10 minutes
Salt and pepper to taste



Method

Combine garlic, shallot, parsley, basil, sage, and olive oil in small bowl.

Slicing horizontally across the steak, butterfly and pound flank steak into 2 thin rectangles. Position steak so that the grain runs parallel to the edge of the counter, spread herb mixture evenly over surface of steak.

Lay prosciutto evenly over steak, leaving 1-inch border along top edge.

Cover prosciutto with even layer of cheese, leaving 1-inch border along top edge.

Starting from bottom edge and rolling up away from you, towards the top, roll steak into tight log and place on cutting board seam-side down.

Starting in the middle of the steak roll, tie a piece of kitchen twine to secure the steak. Working outward from the center, place more ties of kitchen twine, in one inch intervals, until the whole steak roll is tied up.

Using a sharp knife, slice roll between pieces of twine into 1-inch-thick pinwheels. Season pinwheels lightly with salt and black pepper.

Skewer each pinwheel with a toothpick.

Preheat oven to 350.

Heat a cast iron skillet over medium high heat. Place pinwheels in pan and brown for 3 minutes or so. Flip over and brown on the other side for 2 minutes.

Slide skillet into preheated oven and cook for about 8-10 minutes or until steak reaches desired doneness.

Remove from oven, tent with aluminum foil and let rest for 5 minutes.

Remove twine and toothpicks and enjoy!



While the steak is resting on your cutting board, take your knife and slice it horizontally across the steak, so you end up with 2 halves of the steak.

Now you're going to need some wax paper and either a small heavy skillet, rolling pin, or a meat tenderizer tool. Place wax paper on top of your cutting board, put your steak on top of that, then add another layer of wax paper on top of the steak. Get to work pounding it pretty thin. You can pound it as thin as you'd like, but keep in mind that you'll need to roll it up, so don't make it so thin that there are holes.

Combine your minced garlic, shallots, parsley, sage, basil and olive oil in a small bowl. After the steak is thin, spread an even layer of the garlic mixture over the surface.



Then lay the prosciutto slices on top of that, followed by the slices of provolone cheese.

Now comes the fun part! Start with the end of the steak closest to you and roll it up towards the top into a tight log, and place the seam side down on the cutting board.

Grab some kitchen twine and tie up the steak in one to one and a half inch intervals all down the log. Take your knife (make sure it's sharp!) and slice in between the twine so the steaks are little pinwheels. Take a toothpick and skewer the pinwheel so it's secure.



HOW DO I KNOW IF MY STEAK IS COOKED TO THE DESIRED TEMPERATURE

It's hard to judge this type of steak recipe by feel as it cooks, so a meat thermometer will really be your best bet. They're pretty inexpensive these days, and are crucial to making sure your steak is perfectly cooked. Since all meat continues to cook after you remove it from the oven or grill, you'll want to pull your stuffed flank steak at the following temperatures, and let it rest 5-10 minutes (tenting with aluminum foil), which will bring it up to the perfect temperature.

Rare: 120 F degrees (will come up to 125 F degrees)

Medium Rare: 130 F degrees (will come up to 135 F degrees)

Medium: 140 F degrees (will come up to 145 F degrees)

Medium Well: 145 F degrees (will come up to 150 F degrees)