

Flank Steak Roulade

Cooked in a Retherm Oven

COOKING GUIDE



PREP TIME

20-30 mins



COOK TIME

45 mins



COURSE

Main



COOK TEMP

350°F



HOLD TEMP

140°F



Ingredients

- ◆ 2 Flank Steaks (2lbs Each)
- ◆ Desired Seasonings
- ◆ Desired Marinade
- ◆ Stuffing (Sautéed Spinach, Sautéed Onion, Fresh Garlic, Roasted Red Peppers, Fresh Thyme, Gorgonzola Cheese)
- ◆ Cooking Twine

Instructions

- ◆ Remove or trim any excess sinew and silver skin.
- ◆ With the grain, gently butterfly each flank steak.
- ◆ Pat dry and apply seasonings of your choice to both sides.

Coat the steaks with your choice of marinade, ensuring each piece is covered. Cover and let steaks marinate for a few hours or overnight in the refrigerator.
- ◆ Remove steaks from the refrigerator and lay them out flat.
- ◆ Preheat oven to 350°F.

Spread stuffing mixture across each steak to ensure full coverage (Tip: leave a 1/4 inch gap from the side where you will begin your roll.)
- ◆ Slowly and gently roll the steak up, creating a spiral center.
- ◆ Using the cooking twine, start on one end and tie each steak end to end to ensure the filling stays inside while cooking.
- ◆ Place on a lined cooking sheet and place in the oven for 45 minutes.
- ◆ Once the cooking cycle is complete, plate, serve, and enjoy!

Equipment Instructions

- ◆ Set a 350°F cook temperature.
- ◆ Set a 45 minute cooking time.
- ◆ Set a 140°F hold temperature.
- ◆ Once preheated, load the steaks into the oven and press the "▶" button to begin the cook.

