

Stuffed Flank Steak

- 8 ounces fresh spinach
- ½ cup dried breadcrumbs
- ½ cup freshly grated Parmesan cheese
- ¼ cup olive oil
- 2 cloves of garlic
- 3 red bell peppers, roasted
- 1 flank steak approximately 1 ½ pounds, butterflied
- Salt and pepper, to taste
- 4 ounces of prosciutto
- 1 hot spicy pepper (your choice) cored, seeded and minced

Washing the spinach: It's really important that you give the spinach a good cleaning (unless you buy the pre-washed, expensive stuff, but even then I would give it a bath in cold water). Nothing can ruin a meal faster than if you or one of your guests bite onto a hard piece of grit. Been there.

Steam it. I use one of those metal steaming racks placed in one of my saucepans with a little bit of water. Cover and steam for 5-7 minutes until wilted. When finished, drain it well by squeezing out all the excess water with your hands or the back of a spoon.

In your food processor, add the garlic and give it a whirl until the garlic is minced. Add the spinach, Parmesan cheese, breadcrumbs, and olive oil and puree. You should end up with an incredible aromatic mixture that has a smooth consistency.

Preheat the oven to 350 degrees.

1. Lay your steak out flat and season it with salt and pepper. Add a layer of prosciutto to the steak, top with a layer of roasted peppers, then make another layer with the spinach mixture and sprinkle the minced hot pepper on top.

Now for the fun part--Starting at one end, roll the steak up like a big sushi roll making sure to pull at the ends so it doesn't get too thick in the middle.

Tie it with kitchen string every couple of inches. Brush or spray with some olive oil, season with salt and pepper and bake in the oven for 40 minutes for medium rare or longer if you like it more well done.



Tenderizing



Layering (even a kid can do it)



The Roll (before cooking)