

FLANK-STEAK ROULADE



USED BRESC PRODUCTS



Black Kalamata olives
tapenade 1000g



Freshly chopped Spanish
garlic 450g



Honey and thyme glaze
450g



Marinade for beef 1000g

INGREDIENTS

10

- 2000 g flank steak (bavette)
- 200 g Bresc Marinade for beef
- 150 g Parmesan cheese, grated
- 100 g baby spinach
- 100 g Bresc Honey and thyme glaze
- 75 g Bresc Black Kalamata olive tapenade
- 10 slices prosciutto
- salt and pepper

- 1250 g cherry vine tomatoes
- 100 g olive oil
- 75 g Bresc Freshly chopped Spanish garlic
- 50 g Bresc Organic Provençal herbs
- 50 g coriander seeds
- 50 g wine vinegar, white
- salt and pepper

PREPARATION METHOD

Light the barbecue and heat it to a temperature of 120 °C for indirect heat. Make an incision in one side of the flank steak, but don't cut all the way through. Stop the incision about 2 centimetres before you have cut the flank steak in two, and flip the meat open to create a larger surface. Sprinkle the opened side of the meat with salt and pepper and then place the slices of prosciutto on it. Then divide the baby spinach evenly over it. Spread the olive tapenade evenly over the roulade. Lastly, sprinkle the Parmesan cheese over the roulade, then roll the meat up, working from left to right. Tie it up with butcher's twine to create a roulade. Brush the roulade with the Marinade for beef and place it on the barbecue. Close the barbecue and cook the flank steak on the barbecue until it has a core temperature of 48° C. Remove the meat from the barbecue for a moment once it has a core temperature of 48 °C. Brush it with the Honey and thyme glaze. Stoke the barbecue and heat it to a temperature of between 220 °C and 240 °C for direct heat. Grill the roulade for 5 minutes, or until the temperature above is reached. Leave the meat to rest for 5 minutes after grilling, then remove the butcher's twine. Slice the roulade. Place the tomatoes in an oven-proof dish. Mix the vinegar, oil, garlic, Provençal herbs and coriander seeds together and season with salt and pepper. Mix it with the tomatoes. Place the oven dish on the barbecue for 1 to 2 hours until the tomatoes are soft and grilled on the bottom. Serve with the roulade.