



## RECIPES

### **Flank Steak with Mushrooms Roulade**

2 pounds flank steak, beaten 1/3 to 1/2-inch thickness  
3/4 tsp. course kosher salt, divided use  
1/4 tsp. ground white pepper  
1 TBSP. spicy brown mustard  
2 tsp. vegetable oil  
1 small white onion, chopped  
1 cup sliced fresh mushrooms  
1/2 cup fresh parsley, chopped  
1/4 cup green onions, chopped  
1 TBSP. tomato paste  
1/2 cup dry bread crumbs  
1 tsp. paprika  
1/4 tsp. ground black pepper  
4 strips of bacon  
1 cup beef broth  
2 TBSP. tomato ketchup

Season the beaten flank steak with 1/2 teaspoon salt, and white pepper. Spread with spicy brown mustard on one side. Heat oil in a skillet and saute onion for 3 minutes. Add mushrooms and cook for 5 minutes. Stir in parsley, green onions, tomato paste and dry bread crumbs. Season with paprika and black pepper. Spread the onion mixture on the mustard side of the flank steak. Meanwhile, cook strips of bacon in a stockpot until done (not crispy). Remove, chop and sprinkle on top of the onion mixture and roll up jelly roll fashion, and tie with string. Add the meat roll to the stockpot you cooked the bacon in and brown on all sides, approximately 10 minutes. Pour in beef broth, cover, and simmer for 1 hour. Remove the meat. Stir ketchup into the gravy and serve over the sliced flank steak.