



BLUE CHEESE & PORTOBELLO STUFFED FLANK STEAK



QimiQ BENEFITS

- Full taste with less fat content
- Binds with fluid - no separation of ingredients



25



medium

INGREDIENTS FOR 2143 G

250 g	QimiQ Sauce Base
120 g	Onion(s)
20 g	Garlic, finely chopped
250 g	Portobello mushrooms, finely sliced
25 g	Celery, finely diced
30 g	Red bell pepper(s), finely diced
15 g	Green onion(s), finely sliced
	Salt
	Black pepper, ground
230 g	Smokey Blue Cheese by Rogue Creamery, crumbled
30 g	Butter, unsalted
205 g	Bread crumbs
150 g	Whole egg(s)
800 g	Flank steak
15 g	Dijon mustard
2 g	Thyme, minced
1 g	Rosemary, minced

METHOD

1. Sauté the onions, garlic, mushrooms, celery, peppers and some of the herbs in the butter. Season with the salt and pepper and set aside to cool.
2. Mix the QimiQ Sauce Base with the blue cheese, butter, bread crumbs, eggs and the mushrooms mixture. Adjust the seasoning and chill for 30 minutes.
3. Butterfly the flank steak. Flatten with a mallet and season with the salt, pepper, thyme, rosemary and Dijon mustard.
4. Spread the filling onto the flank steak and pinwheel the meat into a tight roulade. Use the butchers twine to tie the pinwheel. Season the surface and chill.
5. Brown the outside of the roulade on a flat top or Teflon skillet with some oil. Place onto a wire rack and finish in the oven at 350°F to a core temperature of 145-150°F.
6. Allow to rest for a few minutes before slicing. Serve with the Mushroom & Green Peppercorn Sauce (see recipe in separate file).