

Flank Steak Braciola (Pinwheels)

January 21st, 2024

This recipe serves: 4

Prep Time: 00:45

Cook Time: 00:45

(Pronounced \brä·ch ·ÈM·IY\) - a Braciola is a bundle of food wrapped in a large cut of meat, then sliced crosswise to make individual pinwheels. Flank steak comes from the bottom abdominal area of the cow, contains tough muscle fibers with very little fat. Flank Steak can be tenderized by using an acidic marinade and then cutting the final steak across the grain, making it the perfect cut for these pinwheels.

Ingredients:

1 lb Flank Steak
2 Tablespoons Balsamic Vinegar
8 Ounces Neufchatel Cheese
4 Ounces Feta Cheese
1/4 Cup Bread Crumbs
2 Ounces Bacon (after cooking weight), fried crispy and crumbled
1 Ounce Spinach Leaves, finely chopped
1/4 Teaspoon Oregano
1/4 Teaspoon Dried Minced Garlic

Directions:

If the Flank Steak is too thick, butterfly carefully to create a large thin sheet of Flank Beef (around 10" x 14")

If necessary cover the Flank Steak with plastic wrap and use the flat side of a meat tenderizer mallet to gently flatten and stretch the Flank Steak until it is a single 10" x 14" sheet.

Coat each side of the Flank Steak with 1 Tablespoon of Balsamic Vinegar.

Wrap the Flank Steak in plastic wrap and marinate overnight.

Place the Neufchatel cheese and the Feta Cheese into a large bowl.

Microwave for 1 minute and mix thoroughly.

Add the Bread Crumbs, Crumbled Bacon, Spinach, Oregano and Garlic into the Cheese mixture.

Mix until fully integrated.

Preheat the oven to 375° F.

Lay the Flank Steak out flat on a cutting board.

Spoon the Cheese mixture into the center of the Flank Steak sheet.

Smooth with a spatula or large butter knife, pushing the Cheese mix to about 1/2 from the edges of the Meat.

Reserve any remaining Cheese Filling for a finishing sauce.

Roll the Flank Steak across the grain, into a large roll.

Use butcher's twine to tie the roll off.

Bake (uncovered) at 375° F for 45 minutes or until the internal temperature reaches 145° F.

Cut the roll into 4 equally-sized servings.