

Rolled stuffed flank steak

Matambre

6 servings

1 (1.25 kg) skirt steak
1 teaspoon salt
 Freshly ground black pepper
½ teaspoon ground thyme
¼ cup chopped parsley
1 onion, finely chopped
¼ cup wine vinegar

Filling:

250 g spinach, washed and trimmed
1 ½ cups fresh, firm textured breadcrumbs
3 tablespoons milk
½ cup green peas
4 slices bacon, chopped and fried until crisp
¾ teaspoon salt
 Freshly ground black pepper
4 carrots, cooked and sliced lengthwise
4 hard boiled eggs, quartered lengthwise
2 cups beef stock
1 cup water

Place the steak in a glass or earthenware dish. Sprinkle with salt, pepper, thyme, parsley, onion and vinegar. Cover and marinate overnight. To prepare the filling, spread the spinach leaves evenly over the steak. Mix the breadcrumbs with the milk. Add the peas, bacon, salt and pepper. spread over the spinach leaves. Arrange the slices of carrots across the width of the steak, and place the eggs in rows in between. Roll the steak tightly and secure with strings tied 2 cm apart. Tie 2 pieces of string along the length of the steak. Place in a casserole and add the beef stock and water. Cover and place in preheated 190 deg C oven. Cook for 1 ¼ hours or until the steak is tender. Let rest for 10 minutes. Remove the strings. Cut into 6 mm slices and serve hot, moistened with the pan juices. The beef may also be chilled and weighted with a heavy cooking utensil. It is then cut into thin slices and served cold.

From: Mexican Cooking: Including Latin American & Caribbean Recipes by Susan Bensusan. Published by Bay Books Sydney, 1978.