

ITALIAN PARTY
FLANK STEAK

Recipe by Theitaliandishblog.com

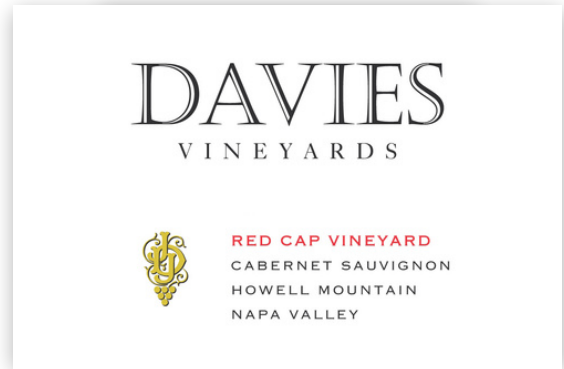
PAIR WITH:

"RED CAP VINEYARD"
CABERNET SAUVIGNON

INGREDIENTS

1/4 cup olive oil
1/2 cup red wine or balsamic vinegar
2 cloves garlic, finely chopped
2 tablespoons chopped parsley
1/4 teaspoon black pepper
1 flank steak, butterflied*
2 red bell peppers
2 tablespoons chopped parsley
6-8 thin slices of prosciutto
A couple dozen fresh basil leaves
2 tablespoons grated Parmesan
Salt and pepper to taste

* To butterfly a flank steak, run a sharp knife through the middle thickness of the meat, leaving about 1/2 inch at the long end to make a "hinge." Flip meat open to resemble a butterfly. Place plastic wrap over meat. Lightly pound flat.



PREPARATION

- Combine marinade ingredients in a gallon size ziploc bag and add butterflied steak and let it marinate for 2 hours at room temperature.
- Preheat broiler.
- Halve peppers lengthwise; remove seeds.
- Place, skin-side up on foil lined sheet. Broil until skins are charred black. Put peppers in a paper or plastic bag for about 10 minutes to steam. Slip off skins.
- After 2 hours, remove steak from marinade . Lay meat opened on a long piece of aluminum foil on a flat surface. Reserve marinade.
- Place the 4 pepper halves on top of steak to cover it.
- Sprinkle with 2 tablespoon of parsley. Cover with prosciutto slices.
- Arrange basil leaves in a single layer over complete surface of prosciutto.
- Sprinkle the surface with grated Parmesan, the remaining 2 tablespoons parsley and black pepper.
- With the long side of the layered steak facing you, lift it from the foil and roll it tightly away from you. (I did it without the foil but if you have never done this before, the foil helps you along.) It should look like a jelly roll.
- Tie the roll with kitchen string.
- Grill the steak for about 15-20 minutes, depending on how you like the steak, turning every few minutes and basting with the reserved marinade.
- Let steak sit for a few minutes before cutting off string and slicing.