

*Bleu Cheese and Spinach Beef Roulade, With Roasted Garlic and
Tomato Cream & Yucca Fries*



Ingredients

1-2# Beef Round Steak
1 cup dry red wine
10 oz. fresh spinach
1 tsp. minced garlic
1 tbsp. unsalted butter.
4 oz. bleu cheese- preferable sliced off a wedge
8 oz. for each person of Fresh Yucca
vegetable oil for frying
ground black pepper
kosher salt
fresh lime wedges for juice if desired
1 tbsp. unsalted butter
2 tbsp. all-purpose flour
2 cloves of garlic, roasted
1 cup cherry or grape tomatoes
2 cups milk

Sauce Procedure

1. In a non-reactive sauce pan, melt butter over medium high heat. Add roasted garlic and tomatoes.
2. Sauté, while smashing open the garlic, and tomatoes. Cook for 2-3 minutes. Add the flour and stir to make a paste.
3. Wisk in milk. Bring to a simmer. Return to low heat, and cook until as thick as desired. Season with salt and pepper to taste.

Beef Roulade Procedure

1. Using a meat mallet, or a fork, tenderize the meat by puncturing it thoroughly numerous times on both sides.

2. Place into a large sealable bag or a pan that is not much larger than the meat. Add wine. Seal/ or cover and allow to marinate for at least 3 hours or longer. Make sure all the meat is covered in wine.
3. Remove meat from wine, and pat dry.
4. In a sauté pan melt 1 tbsp. butter and add the fresh garlic. Sauté until fragrant then add spinach. Season with salt and pepper. Cook until just wilted, then remove from pan, and drain well. Squeeze out any juice so it is as dry as can be.
5. Preheat grill to high heat.
6. Lay the meat flat. Season with salt and pepper on both sides. Evenly distribute the spinach over the meat, without any hanging over the sides. Slice large thin chunks of bleu cheese and sprinkle over the top.
7. Roll up the beef, keeping the cheese and spinach inside. Tie up with butcher twine, or run a few large skewers through the roulade to secure it closed.
8. Grill for 2-3 on each “side”, to create grill marks. This will keep the meat around medium rare in the center.

Yucca Fries Procedure

1. Pour vegetable oil into a deep pot to come up about 2 inches. Preheat over medium heat until a fry thermometer reaches 325°F.
2. In the meantime, cut away the rind from the yucca. Cut through the pink enzyme that may exist. Cut the root into large wedges.
3. Fry until tender and starting to get crispy, about 3-4 minutes, depending on size. Remove from heat and drain on paper towels. Sprinkle with salt and squeeze with lime juice if desired.

Serves 2-4, depending on portion size

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