


Flank Steak, Goat Cheese & Wild Rice Roulades

1.5 lb Flank Steak	1 1/2 tsp Worcestershire Sauce
3 large Brussels sprouts	1 clove garlic, minced
2 tbs soy sauce	1 cup wild rice, cooked according to package directions
1 tbs balsamic vinegar	2 oz goat cheese
	2 tbs olive oil



From Domestic Fits

Preheat oven to 350.

Place your flank steak on a flat surface and pound to an even, 1/2 inch thickness using a rolling pin or the flat side of a meat mallet.

Using a large cheese grater, shave the Brussels sprouts until you have about 1/2 a cup.

In a bowl, mix together the soy sauce, balsamic, Worcestershire sauce, garlic. Add the cooked rice, Brussels sprouts and goat cheese and stir to combine. Place the filling down the center of the flank steak in one long log. Roll the steak and secure tightly with kitchen twine.

In a heavy, oven safe skillet, heat the olive oil over medium high heat. Place the roulade, seam side down and sear until brown. Turn the roulade and sear on all sides until brown. Place the skillet in the oven and cook for an additional 5 minutes.

Remove from oven and allow to rest for five minutes. Move to a cutting board and slice into 6-8 slices.

Makes 3-4 servings.

Serve with B Side Cabernet.