



Culinary Practice Recipe

Prep 30 mins
Cook 25 mins
Yields 2 servings

Beef Involtini with Asparagus

Prepare Ingredients

2 fast-fry (Rouladen-style) steaks (approx. 300 g)

1/2 bunch asparagus spears (about 6 stalks)
1/2 sweet red pepper, cut into strips (about 6 strips)

1 tsp butter
Salt and pepper

2 tsp grainy or Dijon mustard
2 tbsp peppered goat cheese
2 tbsp toasted pine nuts or coarsely chopped pecans (optional)

Cook

Cook asparagus and pepper strips in a **skillet** with just a bit of water, covering to steam for about 4 minutes. Drain and return to heat to dry pan. Add butter and cook with butter bubbling to coat the vegetables, seasoning all over with salt and pepper to taste. Set aside.

Tenderize each steak by either piercing all over numerous times on both sides with a fork or by pounding on just one side with a **meat mallet** or **heavy frypan**.

Season top side of each steak with salt and pepper. Spread each with mustard and cheese. Add 3 asparagus spears and pepper strips to each and sprinkle each with nuts if desired. Roll up like jelly roll and tie with each with 2 to 3 pieces of butcher twine. Season each bundle (involtini) all over with salt and pepper.



Rouladin steaks can come from different cuts of beef, including the round or sirloin tip cuts. The meat is cut into large, thin slices.

Pan searing is a dry heat cooking method. It is used in this recipe to quickly sear the involtini bundles before covering and finishing them. Pan searing is also frequently used with different grilling cuts.

1. Start with about a pound (500 g) 1-inch thick beef steak, e.g. bottom sirloin flap (a.k.a bavette) rib eye, top sirloin, strip loin. Pat dry; season lightly with salt and pepper and a simple seasoning.
2. Use a **cast iron** or **shallow heavy stainless pan**. Add vegetable oil; heat over high heat until shimmering but not smoking. Set kitchen fan to high.
3. Add steak. Cook until done to preference and steak releases easily from pan.
4. Flip with tongs; cook until the steak releases easily from pan. Remove from pan; let rest.



Watch a video that demonstrates this involtini recipe at <https://canadabeef.ca/recipe/beef-involtini-asparagus/#cooked-video-lb>.

Watch a video and find additional tips on pan searing at <https://canadabeef.ca/pansearing-steak-know-how/>.



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Cook continued

Pan sear in well-oiled hot cast iron or nonstick pan until browned all over. Reduce heat to medium and continue to cook, covered, turning each often until cooked to about 140°F inside for medium-rare when tested with a digital instant read thermometer. Let stand for 5 minutes before serving.



Why do you think the meat is rested after searing and cooking it?



Why do you think a temperature check for doneness in this recipe is very important? Why should the meat thermometer be inserted into several meatballs?



This is a super way to take advantage of budget priced less tender steaks that you can be proud to serve to company. We used Inside Round for our tests but Sirloin Tip and other Round Steak would work as well. Our steaks were sliced about ¼-inch thick when purchased. You could substitute 1 tbsp shredded aged Cheddar or crumbled blue cheese per steak instead of the goat cheese if you wish. To serve 4, simply double the recipe.

Nutrition Facts

per serving

Amount

Calories 181

Protein 16 g

Fat 6 g

Carbohydrate 18 g

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/beef-involtini-asparagus/>