



## Culinary Practice Recipe

**Prep** 10 mins  
**Cook** 40 mins  
**Yields** 3 servings



# Beef and Pesto Roulade with Greens

### Prepare Ingredients

375 g (3/4 lb)  
beef inside round  
marinating steak, 1  
inch (2.5 cm) thick,  
butterflied

Salt and pepper  
1½ slices bread, crusts  
removed  
45 mL (3 tbsp)  
prepared basil pesto

125 mL (½ cup) fresh parsley

Olive oil

Assorted salad greens dressed with favourite  
vinaigrette

Grated Parmesan cheese, optional

### Cook

Open butterflied steak like book on large piece of plastic wrap. With **meat mallet**, pound to even 5 mm (¼ inch) thickness. Season with salt and pepper to taste. Set aside.

Tear bread into **food processor**. Add pesto and parsley; process to form paste. Spread paste on steak, leaving 1 cm (½ inch) border around edge.

Starting with long side, roll up like jelly roll. Tie in several places with butcher's twine or secure with skewers. Rub with olive oil; season with salt and pepper to taste.

Place on **rimmed baking sheet**. Cook in 150° C (300° F) oven for 30 to 40 minutes or until a digital rapid-read thermometer inserted into the centre of roll reads 57° C (135° F).

Remove to cutting board; tent with foil and let stand for 15 minutes. Cut into 5 mm (¼ inch) thick slices and serve on dressed greens. Sprinkle with parmesan if desired.



**Marinating steaks** are usually from the hip or flank wholesale cuts. An inside round steak is from the hip and is very lean and moderately tender. This cut needs some form of **tenderizing**, either with marinades or mechanical techniques.

**Mechanical tenderizing** involves making meat more tender by breaking the **elastin**, the tough connective tissue known as **gristle**. **Pounding** the meat with a meat mallet is a mechanical tenderizing method that helps soften the elastin.

The culinary practices used in this recipe also involve cutting and wrapping the meat to prepare it for cooking. To **butterfly** steak, start at side with knife parallel to cutting board; cut steak in half almost but not all the way through.

A roulade can be prepared ahead by wrapping it tightly in plastic wrap and refrigerating for up to 24 hours before cooking. The roulade can be served cold.

This recipe uses roasting. **Roasting** is a form of dry heat cooking. Less tender cuts and smaller roasts can be roasted at lower temperatures, usually for a longer time.



Watch a video that demonstrates different oven roasting tips and recipes at <https://canadabeef.ca/oven-roast-know-how/>.



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What food safety steps are used when the roulade is prepared in advance? Why are these steps used?

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If you were making this recipe for six people, how would you adjust the ingredients? How would you adjust the cooking time?

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To make this dish easier to prepare, you can have the butcher butterfly the beef round steak and purchase prepared pesto. It provides a good source of iron (23% DV) and an excellent source of zinc (62% DV).

Use these steps to determine **doneness**:

- Insert the thermometer into the thickest part of the beef, away from fat and bone.
- Leave oven-proof thermometers in place as the meat cooks.
- Remove the meat from the oven when the **internal heat** registers the temperature of desired doneness.

### Nutrition Facts

per serving

#### Amount

<b>Calories</b>	219
<b>Protein</b>	27 g
<b>Fat</b>	9 g
<b>Carbohydrate</b>	7 g
<b>Sodium</b>	262 mg

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/beef-and-pesto-roulade-with-greens/>