

# Braised Beef Roulade

*“This is a truly Italian dish – in Italy they create it with a red or brown sauce.*

*I learned this recipe while I was in Italy, and it’s on the menu at Nic’s.*

*The stuffing is versatile and can be used in other recipes, and the entire dish is simple but will still impress your friends.”*

**—MICHELLE JURISIN: THE HAUNTED GROUP**

Serves 2

## **For the sausage stuffing**

- 2 1/2 ounces cooked ground sausage
- 1 tablespoon garlic, minced
- 1 tablespoon cooked bacon, finely chopped
- 1 cup Italian bread crumbs
- 2 tablespoons fresh parsley, finely chopped
- 1/2 tablespoon pesto
- 2 tablespoons Parmesan cheese, grated
- 1 egg
- 3 tablespoons olive oil

## **For the braised beef**

- 2 8-ounce bistro filets, pounded out
- 4 to 6 ounces stuffing (see recipe above)
- 2 slices prosciutto
- 4 ounces fresh mozzarella
- 5 fresh basil leaves (one finely chopped)
- 2 tablespoons flour
- 2 tablespoons olive oil
- 1 cup of dry red wine
- 1/4 cup beef stock
- 1/2 cup sliced mushrooms
- 1 tablespoon finely chopped shallots
- 1 teaspoon minced garlic
- 1 tablespoon unsalted butter
- salt and pepper to taste
- generous pinch of finely chopped parsley

1. Preheat the oven to 400 F.
2. In a large mixing bowl, mix all of the sausage stuffing ingredients together thoroughly.
3. Take one bistro filet that has been pounded out thin and lay it flat. Spread out stuffing (2 to 3 ounces per filet), leaving about a half-inch section along each side of the meat. On top of the stuffing lay a slice of prosciutto, half of the mozzarella, and two leaves of basil. Roll the meat up fairly tight. Repeat with the next bistro filet. Wrap both in plastic and let rest in the refrigerator for 30 minutes or longer.
4. Take out of the refrigerator and remove the plastic wrap. Lightly flour the meat by rolling it on all sides. In a skillet, heat the oil on medium heat. Once the pan is hot, place the filets in the pan. You want to be able to give the meat a nice, rich, brown sear on the outside. Pour the red wine over the meat and let the wine reduce. Remove the filets from the pan and place on a cutting board. Cut each piece into four medallions. Place the medallions into a baking pan. Put the pan into the oven until the meat cooks to the desired doneness.
5. While the filets are in the oven, add beef stock, mushrooms, shallots, garlic, butter, parsley, chopped basil, salt and pepper to the red wine that is left in the pan to create a rich sauce for your finished dish. Cook the sauce for approximately 3 or 4 minutes. After the filets are cooked to your desired temperature, pull them out of the oven and plate either pouring your sauce over the filets or using the sauce as a base underneath the meat.