



ARGENTINE

Matambre Arrollado

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Complex	8	45 min + overnight	2 hr	Braise	Flank steak

Ingredients

- 1.2 kg (2½ lb) flank steak, butterflied open to about 1 cm (¾ in) thick
- 1 tsp salt
- ½ tsp black pepper
- 3 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 150 g (5 oz) spinach leaves, blanched and squeezed dry
- 2 carrots, cut into long thin sticks and blanched 3 minutes
- 4 hard-boiled eggs, peeled
- 1 red bell pepper, roasted and peeled, in strips
- 100 g (1 cup) grated cheese, such as provolone or mozzarella
- 2 tbsp chopped parsley
- 2 tbsp olive oil
- 1 onion, quartered
- 1 litre (4 cups) beef stock or water
- 120 ml (½ cup) dry white wine

Steps

1. Lay the butterflied steak on a board with the fibres running left to right. Pound gently to an even thickness.
2. Season with the salt, pepper, garlic, oregano and paprika. Cover the surface with the spinach, leaving a 3 cm (1¼ in) border.
3. Arrange the carrot sticks in lines along the length, then the eggs end to end down the middle, then the pepper, cheese and parsley.
4. Roll the meat up firmly from a short side so the fibres run along the length of the roll; slices cut from the roll then go across the grain. Tie with kitchen string every 3 cm (1¼ in).
5. Heat the oil in a pot just big enough over medium-high heat. Sear the roll for 8 minutes total, turning, until browned all over.
6. Add the onion, stock and wine so the liquid comes about two-thirds up. Braise covered at a gentle simmer for 1½ hours, turning once, until a knife slides in easily.
7. Cool the roll in its liquid, then wrap and refrigerate overnight, weighted lightly, so it firms up.
8. Remove the string, slice into 1.5 cm (½ in) rounds and serve cold with salad, or warm in the reduced liquid.

Notes

- **Make ahead:** the roll keeps for 4 days in the fridge, and is traditionally a cold dish.
- **Butterflying:** ask the butcher to open the flank for you.
- **Fillings:** olives, ham or roasted pumpkin are common variations.

- **Shortcut:** use thawed frozen chopped spinach, squeezed very dry, and jarred roasted peppers.
- **Chef's touch:** slice the chilled roll with a very sharp serrated knife so the rounds keep their pattern.
- **Pair with:** ensalada rusa (diced potato, carrot and peas in mayonnaise), as is traditional.