

# BEEF ROTOLO

This rolled beef dish is easy enough to serve for a mid-week meal and pretty enough to present at a dinner party. Steak is rolled with pesto and steamed in the Varoma over stock, which is then the base for a mustard sauce. Clingwrap keeps the beef rotolo neat and trim, but a toothpick does a reasonable job, too. If preparing ahead, the beef can be filled and rolled in the morning and steamed in the evening. Roast capsicum and olives are also lovely rolled inside the beef.



**Time:** 1 hour

**Serves:** 4-6 as a main



## INGREDIENTS

### Pesto

2 cloves garlic, peeled  
100 grams parmesan, cut into 3cm cubes  
1 bunch basil leaves (about 40 grams)  
60 grams pine nuts  
50 grams olive oil, plus extra for frying  
salt flakes

### Beef Rotolo

20 grams currants  
30 grams pine nuts  
1 shallot or ½ onion, peeled and quartered  
50 grams butter  
500 grams beef stock  
18 small potatoes (3 per person)  
200 grams porterhouse steak per person  
black pepper, to taste  
1 bunch broccolini, trimmed  
20 grams plain flour  
20 grams port or red wine (optional)  
2 tps grain mustard  
20 grams Dijon mustard  
red chilli, sliced (optional)



## METHOD

### Pesto

1. Place 1 garlic clove and the parmesan into mixing bowl and chop **8 sec/speed 8**.
2. Add basil, pine nuts, olive oil and a pinch of salt flakes. Blend **5 sec/speed 5**. Scrape down and mix **10 sec/speed 4**.
3. Add more olive oil, and mix again on **speed 4**, if a runnier consistency is preferred. Set pesto aside.

### Beef Rotolo

4. Soak the currants in warm water for 10 minutes, then drain. Place the pine nuts into mixing bowl and toast **5 min/100°C/speed 1**, or in a dry pan, until lightly golden. Set aside.
5. Place the remaining garlic clove and shallot or onion into mixing bowl and chop **2 sec/speed 5**.
6. Scrape down and add half of the butter. Sauté **2 min/100°C/speed 1**.
7. Add the beef stock to the mixing bowl, place potatoes into the Varoma dish and set into position. Cook **25 min/Varoma/speed 2**.
8. Trim fat from the steaks and pound to about 5mm thick; either use a meat mallet or place the steak between two layers of cling wrap and pound with a rolling pin. Season steaks with salt flakes and black



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pepper. Spread one side of the steak with pesto and sprinkle with the currants and pine nuts, leaving a 1cm perimeter around the edge. Roll steaks and secure with a toothpick. Alternatively, roll steaks inside large sheets of cling wrap to make firm sausage shapes, and tie cling wrap at both ends.

9. Place on Varoma tray (or, if cooking later, set aside in the refrigerator). Place Varoma tray with beef in place above potatoes and cook **3 min/Varoma/speed 2**.

10. Add the broccolini and cook for a further **5 min/Varoma/speed 2**. When time has elapsed, check if potatoes are cooked. If they are, set beef, potatoes and broccolini aside to keep warm. If potatoes need more time, set beef and broccolini aside and cook potatoes for another **5 min/Varoma/speed 2**. Remove Varoma once potatoes are cooked.

11. Add plain flour, remaining butter, port or red wine and the grain and Dijon mustards to the beef stock remaining in the mixing bowl. Cook **4 min/100°C/speed 4/MC off**, with the simmering basket resting on the mixing bowl lid, or until sauce has thickened. Adjust seasoning.

12. Remove cling wrap or toothpick from beef. If desired, brown the beef rolls in a little oil in a frypan over moderate heat. Slice each roll into 3 to 5 pieces.

Serve with potatoes, broccolini, mustard sauce, and red chilli slices, if desired.



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## SHOPPING LIST:

- Garlic cloves (2)
- Parmesan (100 grams)
- Basil leaves (1 bunch)
- Pine nuts (90 grams)
- Olive oil (50 grams), plus extra for frying
- Currants (20 grams)
- Shallot (1) or ½ onion
- Butter (50 grams)
- Beef stock (500 grams)
- Small potatoes (18)
- Porterhouse steak (200 grams)
- Broccolini (1 bunch)
- Plain flour (20 grams)
- Port or red wine (20 grams), optional
- Red chilli, sliced (optional)



## NOTES & TIPS:

- Grain mustard (2 tsp)
- Dijon mustard (20 grams)
- Black pepper
- Sea salt