

# Expanding the palate with food from Calgary

GERRY KENTNER AND LORI GYSEL

I recently had the pleasure of making a trip to Calgary for work and while I was there, we were working on coming up with new recipes for thin cuts of beef. Cuts of meat that we may have more traditionally thought of as a thick steak - such as the rib eye, the striploin or perhaps even a roast - in the case of the inside round or chuck. But with many of us thinking toward eating a little less meat in our diets, a thin cut of beef might be just the ticket!

You can make the rolls in advance - the day before is fine. Just don't season the outside with salt and pepper until just before you are ready to sear them. And if they have been in the fridge overnight, then bring them out to warm up a bit (half-hour or so) before searing.

If you are not a fan of blue cheese and prosciutto, then try a different cheese - maybe crumbled goat cheese, feta or Parmesan. You could also skip the prosciutto or replace it with cooked bacon.

## Beef Rolls

Serves four

### Ingredients

4 slices thin cut beef (either rib eye, striploin or inside round)

One-quarter cup crumbled blue cheese

4 slices prosciutto

12 stalks asparagus

One half red pepper, cored and sliced

One half yellow pepper, cored and sliced

Freshly ground salt and pepper

2 tbsp vegetable oil

### Method

Place the beef slices (one at a time) between two pieces of parchment and pound with a meat mallet until very thin.

Sprinkle blue cheese on each slice.

Lay a piece of prosciutto on each slice.

Snap off asparagus ends, cut each stalk in half and blanch in boiling water, then refresh in cold water.

Sauté peppers in a hot pan with a bit of vegetable oil, salt and pepper.

Place a mixture of peppers and asparagus at each end of each slice of beef so that the vegetables stick out past the beef. Roll up the beef slice and secure with toothpicks. Season the outside of the beef with salt and pepper.

Sear the beef rolls in a hot pan with oil. Then place pan in a 350 F oven to finish the cooking - for approximately five-10 minutes, depending on thickness of slice.

Remove beef from the oven and allow to rest for three or four minutes.

Cut beef rolls in half and stand them up on the plate so the vegetables are sticking out the top.

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