

<b>09/05/12 - Beef Roll Ups</b>
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Last week I walked into the butcher and since I was the only one at the counter, it was very early; I was the only one there. I asked my butcher to play with me for a moment. He was kind enough to make thin slices of London broil for me to try out this idea I had in the middle of the night. Does anyone else out there dream about food and recipes in the middle of the night?

These would make a great party appetizer, either on a buffet or individually plated.

Serves 10 to 12

2 pounds thick London Broil, about 4-5 pieces

2 tablespoons safflower oil

1/3 cup finely chopped onion

2 tablespoon chopped parsley

2/3 cup brown and wild rice blend

1/3 cup chopped moist, dried black figs

Salt

Pepper

1 1/2 cups water

3 tablespoon safflower

1/2 cup tamarind paste

1/4 cup lemon juice

Slice each London broil piece into very thin sheets, about 6 to for each piece. My butcher was kind enough to do it for me, when the store was not busy for a moment. Heat a small saucepan on medium-high heat, add oil, and add onion and sauté for a few moments. When onion turns translucent, add parsley and season with salt and pepper and stir. Next, add rice and stir. Sauté for a moment and then,

add chopped black fig pieces. Add water and cover. Bring rice to a boil; turn down heat to lowest setting. Simmer rice until all of the water is absorbed. Fluff rice with



When rice is cool it is ready to be used as stuffing. Place a slice of beef on a work surface. Place two to three tablespoons of cooled rice at one end of beef and roll up. Secure roll with a toothpick or two. Season rolls with salt and pepper. Heat a medium non-stick skillet over medium-high heat. When hot, add 3 tablespoons of oil or more. Place beef roll ups in pan. Sear on one side until golden crusted and then, using a tong carefully turn beef to another side. Continue until beef is crusted all around. Remove roll ups from skillet as they are done and set aside on a plate.

Pour off any excess oil from the pan. Deglaze any crusted bits of meat or rice from the pan with 1/2 cup of tamarind paste or sauce mixed with 1/4 cup lemon juice. Stir sauce until it starts to bubble and reduce. Serve roll ups as an appetizer, two per plate, with a spoonful of sauce or serve on a buffet plate.

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