

More Summer Grilling: Stuffed Flank Steak

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Local farmers' markets are in full swing, bringing farm-fresh produce to town. For a satisfying weekend morning, it's tough to beat a stroll through the stalls, visiting vendors and sampling produce along the way. It's a delightful way to load up with goodies for the week – usually more than can comfortably be carried on two arms! (Excavating change, while juggling cherries and berries isn't so easy. How handy it would be to know how to

balance a basket atop the head!) It's also a fine time for bumping into friends and neighbors you rarely see during the week!

You may find an organic meat vendor at the market, and what better way to prepare a stuffed flank steak than with locally-grown greens, a little cheese and some sautéed shallots? This recipe has all my favorite flavors, but for those who prefer to use spinach in lieu of arugula, and a different type of cheese – no prob-

lem – you can also have it your way! So, head to the market and fire up the grill. It's summer time!

Lamorinda area farmers' markets are held on Saturdays in Orinda and Sundays in Moraga. The Orinda Farmers' Market is held on Saturdays from 9 a.m. to 1 p.m. from May 3 through November 15. The market is located in the Village on Orinda Way just in front of Rite Aid and the Community Center. For more information, please visit:

http://www.cccfm.org/pages/vendors_orinda.htm or call (925) 431-8361.

The Moraga Farmers' Market runs year-round on Sundays from 9 a.m. to 1 p.m. in the Moraga Center at the intersection of Moraga Way and Moraga Road. For more information please visit:

<http://www.cafarmersmkt.com/moraga.html> or call (925) 465-4690.

Ingredients

- 1 two-pound (approximate) beef flank steak
- 1 large or 2 small shallots, minced and sautéed in one or two tablespoons olive oil
- ¼ cup freshly chopped basil (amount after chopping)
- ¼ cup freshly chopped arugula (amount after chopping)
- 1 cup marinated artichoke hearts, drained and chopped
- ½ red bell pepper, seeded and chopped
- ¼ cup sundried tomatoes, drained and chopped
- ¼ cup blue cheese, crumbled
- ¼ cup feta cheese, crumbled

Directions

Lay flank steak on cutting board and pound to between 1/3 and 1/2-inch thickness with a meat pounder. Set aside.

Mix remaining ingredients in a bowl and stir to combine well. Spread filling over flank steak, leaving a 2-inch border without filling at the far long end. Roll steak, beginning from the long side with stuffing next to edge, toward long end with no stuffing at the edge. Tie with kitchen string in three or four places, and if necessary enclose each end by using wooden toothpicks, so that stuffing won't escape.

Grill over medium-low heat for approximately 20-24 minutes, total. Grill for six minutes, then turn one-quarter turn, repeating two more times so that all four sides have cooked directly on the grill. This produced a medium-rare doneness to the meat. Cook a little longer per side, if you prefer more well-done meat. Remember, the meat in the center of the pin-wheel will take longer to cook through.

Remove from grill and slice into 3/4 inch slices. Serve hot with grilled veggies and salad!