



Counter to Table Recipes

FROM THE CHEF'S CORNER

Recipe: PUMPKIN SEED PESTO BEEF ROULADE

Date: OCT 2023

Main Ingredients:

Directions:

2 lbs. Flank Steak

1 c. pumpkin seed pesto

Garlic

Parsley

1. Lay the steak on a cutting board with the grain running

horizontally. Season generously with salt and pepper, then flip

to opposite side.

2. Spread pesto evenly over the beef, then top with garlic and parsley. Leave an inch along the top side of the meat uncoated.

3. Roll the steak tightly from bottom to top. The grain should run along the length of the roulade. Tie with butcher's twine every two inches. Finally, wrap tightly with plastic wrap and place in the refrigerator. Marinate for at least four hours, overnight for best results.



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Directions continued:

4. Preheat half your grill to medium-high heat. Sear the roulade over direct heat, rolling it to form an even sear, for 5-10 minutes. Finally, move to indirect heat to finish cooking to an internal temperature of 130°F.

Use a meat thermometer to check the temperature.

5. Remove from heat and allow to rest for 10 minutes before removing the butcher's twine and slicing into half-inch slices. Enjoy!



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Recipe: PUMPKIN SEED PESTO

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Pesto Ingredients:

Directions:

1/2 c. shelled pumpkin seeds, roasted

1. Combine pumpkin seeds, Parmesan, and garlic in a food

2 tbsp grated Parmesan

processor. Pulse on and off, for about 20 seconds, until seeds

2 cloves garlic

are almost ground.

3/4 c. basil leaves

2. Add basil, parsley, lemon juice, and olive oil, and pulse on

3/4 c. fresh parsley leaves

and off for about 40 seconds (you may want to scrape down

2 tbsp fresh lemon juice

the sides with a spatula in between pulses), until all ingredients

1/2 c. olive oil

are combined. The mixture should be more like a course paste

Kosher salt, to taste

than a liquified sauce, so be careful not to overprocess.



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Directions continued:

3. Transfer to a bowl or glass storage jar, taste, and adjust seasoning with salt. Be sure to taste, as the pumpkin seeds may have been well salted when they were roasted.
4. Serve immediately or refrigerate for up to two days.