

This recipe was made with the beautiful hometown of the University of Idaho in mind. Our golden yellow “Vandalaise” sauce not only represents the colors of the university, but also resembles the golden yellow rolling hills of Moscow, ID. Lastly, the warm, rich flavors incorporated into our santa fe steak stuffing welcomes the holiday season and the feeling of coming home.

Total Servings - About 12

Serving Size - 1 Roulade

Dietary Considerations - Gluten Free. Contains walnuts, contains dairy.

Ingredients for Steak Roulade with Vandalaise Sauce

- 1 cup soy sauce or liquid aminos
- 1/4 cup brown sugar + 1/2 Tablespoon, divided
- 1/4 cup + 1/2 Tablespoon lemon juice, divided
- 1/4 cup olive oil
- 2 Tablespoons minced garlic
- 1 white onion, diced, divided
- 2 teaspoons ground ginger
- 1 1/8 teaspoons black pepper, divided
- 4 pounds Santa Fe steak, butterflied (substitute with flank steak)
- 18 tablespoons unsalted butter, divided
- 2 shallots, sliced thinly
- 1/2 cup white wine vinegar
- 2 sprigs fresh tarragon
- 3 large egg yolks
- 1/4 teaspoon salt + 1/8 teaspoon, divided
- 1/8 teaspoon cayenne
- 1/2 cup chopped dates
- 1/2 cup walnuts or pecans, chopped finely
- 1/8 teaspoon thyme
- 1/8 teaspoon nutmeg
- 1/8 teaspoon cinnamon

- 1/8 teaspoon ground cloves
- 3/4 cup honey whiskey, Jack Daniels (according to preference)
- Kitchen Twine
- Toothpicks or small skewers

Directions for Steak Roulade with Vandalaïse Sauce

Note You will need a large bowl, measuring cups, measuring spoons, two cutting boards, a chef's knife, meat tenderizer, blender, and an oven-safe pan.

STEP 1 In a large bowl, prepare the marinade by combining soy sauce with brown sugar, ¼ cup lemon juice, olive oil, garlic, ¼ onion, ground ginger, and 1 teaspoon ground pepper. If you would like, substitute soy sauce with liquid aminos. Set aside.

STEP 2 Butterfly the santa fe steak. If possible, have your butcher do this for you. If not, begin by placing the steak flat on a sturdy cutting board, with the grain running horizontally. Using a sharp chef's knife, cut horizontally in short, smooth strokes through the middle of the steak. The edge furthest from you should remain intact. Unfold the filet like a book, folding away from you. Note, do not cut all the way through the filet, making sure it is not severed in half. Do not use sawing motions as you want the filet to be evenly sliced.

STEP 3 Tenderize the steak using a meat tenderizer or rolling pin, pounding thin, but avoiding holes in the meat. Place the steak into the large bowl with the marinade. Scoop the marinade around the meat, making sure the meat is submerged. Cover the bowl with plastic wrap and refrigerate for at least 6 hours, or, overnight.

STEP 4 Once the steak has marinated for at least 6 hours, or overnight, begin by preparing the "Vandalaïse" sauce. In a small skillet over medium heat, bring the vinegar, shallot, and tarragon sprigs to a simmer. Let this simmer for 5-7 minutes or until the mixture is reduced to 2 tablespoons, remove from heat. Discard the tarragon sprigs and shallot slices.

STEP 5 Using a blender: blend the vinegar mixture, egg yolks, 1 ½ teaspoons of lemon juice, ¼ teaspoon salt, and cayenne until frothy, about 10 seconds. With blender running, slowly drizzle in 16 Tablespoons of melted butter, heated to 180F, until the sauce is fully emulsified, about 2 minutes. Pour the sauce into a separate container, cover with foil, and set aside at room temperature.

STEP 6 Remove the steak from the fridge and set aside while preparing the stuffing.

STEP 7 Combine dates, walnuts, salt, pepper, thyme, nutmeg, cinnamon, and ground cloves with whiskey in a bowl and set aside to soak. Melt 2 Tablespoons of butter in a medium-sized skillet over medium heat. Add ¾ diced onion once the butter is sizzling and caramelize them until they are at a nice golden-brown color. Add ½ Tablespoon brown sugar and stir into mix, cooking for another 1-2 minutes. Add in the date-whiskey mixture and let the mixture simmer for about 5-10 minutes over medium heat, or until just dry, stirring often. Set aside.

STEP 8 Lay out the steak with the grain running parallel to the counter surface, or, left to right. Choose the best, most attractive side of the steak and lay it face-down on the cutting board. Place the date-whiskey mixture onto the steak and spread even, leaving 1-inch borders on all sides. From the bottom edge of the steak, roll up and away from

you into a tight log. Secure the log tightly with kitchen twine in 1-inch intervals, working outwards from the center of the log. Using a sharp chef's knife, cut the log into 1-inch thick slices by cutting between the twine. Secure the rolls using a toothpick. Note: cut twine into about 6-7 inch pieces.

STEP 9 Preheat the oven to 350F.

STEP 10 Heat a large, oven-safe pan over high heat on the stove. Coat the pan with a small amount of oil, spreading evenly across the pan. Once the pan is heated, place the open-faced side of the steak roulade onto the pan, searing the first side for about 3 minutes, or until the meat naturally releases from the pan. Flip, and sear the second side for about 2 minutes, or until the meat naturally releases from the pan. Remove the pan from the stove. Note: you want the pan hot! To check if the meat has released, gently shake the pan and if the meat slides on the pan, it is ready to be flipped.

STEP 11 Place the pan with the steak roulade into the oven on the middle rack for 8-10 minutes, or until it reaches your desired doneness. For medium rare steaks, cook in the oven for 10 minutes, checking the temperature of the meat at 8 minutes. If the steak has reached an internal temperature of 130F, remove from the oven and tent with foil, allowing the steak to reach 135F. If the steak has not reached an internal temperature of 135F at 8 minutes, put it back in the oven for two more minutes or until it reaches 130F.

STEP 12 Once the steak has reached an internal temperature of at least 135F, remove the twine and toothpicks from the roulade. Delicately garnish a plate with the "Vandalaise" sauce, and attractively place the steak roulade onto the plate. Garnish with fresh rosemary if desired. The sauce may be served to the side for dipping. Enjoy!

Nutritional Data for Steak Roulade

Calories 195

Total Fat 6.9g

Cholesterol 31.8mg

Sodium 670mg

Total Carbohydrate 16.9g

Protein 12.3g

Other Data 89.2mg Potassium, 10.4% Vitamin A, 13.4% Vitamin E, 11.2% Calcium, 5.8% Iron

Nutritional Data for Vandalaise Sauce

Calories 94

Total Fat Total: 9.9g

Cholesterol 52.1 mg

Sodium 31.8mg

Total Carbohydrate 1.3g

Protein 0.6g

Other Data 19.1mg Potassium, 6.4% Vitamin A, 5.1% Vitamin C