

8th Annual Culinary Competition

University of Connecticut | Department of Dining Services

Florentine Steak w/Tortellini ala Vodka & Grilled Vegetables

Chef Michael Proulx

Steak

2-3 lb flank steaks
¼ cup red-wine vinegar
3 large eggs, lightly beaten
2 cups sundried tomatoes, soaked in hot water
2 cup grated parmesan cheese
2 large yellow bell peppers, diced
1 large red bell peppers, diced
1 bunch green onions, sliced
1½ lb baby spinach, de-stemmed
2½ cups of bread crumbs
Kitchen twine or string

Preheat oven to 400F. Line a baking sheet with foil. Using a sharp knife cut steak horizontally into two thin layers. Rub cut sides of meat with vinegar. Season to taste

In a medium bowl, combine eggs, sun-dried tomatoes, parmesan cheese, bell peppers, green onions & bread crumbs.

Place 1 steak on cutting board and spread a ¼ of the filling on top and then lay baby spinach on top of filling leaving 1 inch uncovered on long sides. Roll steak from long end. Tie at 1¼ inch intervals with kitchen twine.

Slice steak between strings; place cut side up on prepared baking sheet(s).

Repeat with remaining meat, filling and spinach.

Roast for 12-14 minutes. Until medium rare

Cheese Tortellini ala Vodka

3 lb cheese tortellini
2 tsp butter
1 cup olive oil
4 garlic cloves, minced
½ cup fresh parsley
½ cup onions, chopped
2 large cans whole peeled tomatoes
1 qt heavy cream
1 cup vodka
salt & pepper to taste

Cook tortellini to al dente
In a sauce pan add olive oil, butter, onions and garlic. Sauté until onions are clear.
Add vodka, tomatoes and parsley.
Slowly mix in the creams.
Add salt & pepper to taste.
Add tortellini
Sprinkle with parmesan cheese and serve.

Grilled Peppers and Onions

2 large white onions
3 large yellow bell peppers
¼ cup olive oil
salt & pepper to taste

Preheat grill to 350F
Cut white onions into quarters, and then slice half moons.
Julienne sliced yellow bell peppers.
Coat both vegetables with olive oil.
Add salt & pepper to taste.
Grill to liking.