

# Beef Roulades with Anchovy Stuffing

Serves 5-6

This is just one of many versions of thin slices of meat, pounded even thinner, then spread with a stuffing, rolled, tied, browned and finished in a sauce. In a butcher shop not far from my house in Provence, there is a butcher who makes beef roulades, or rolls, filled with a mixture of bread, garlic, parsley and anchovy. I can buy them ready made, along with his tomato sauce. Here, I make my own version. In choosing the meat to slice, look to see that the cut is a single muscle, not two or more. A slice from a single muscle will hold together during cooking, but other slices tend to separate.

**2 pounds rump roast**  
**1½ teaspoons sea or kosher salt**  
**1 teaspoon freshly ground black pepper**

## For the stuffing

**½ cup milk**  
**6 slices day-old baguette, ½-inch thick, crusts removed**  
**3 cloves garlic, minced**  
**3 tablespoons minced parsley**  
**6 oil-packed anchovy fillets, drained and minced**  
**½ teaspoon minced fresh thyme leaves**

## To finish

**2 tablespoons extra-virgin olive oil**  
**3 pounds very ripe tomatoes, peeled, seeded and chopped (see Note)**  
**1 garlic clove, minced**  
**1 teaspoon herbes de Provence**

**Instructions:** Cut the roast into slices about ¼-inch thick. You will have 10 to 12 slices, each about 4 inches by 4 inches, depending upon the size and shape of your roast. Trim off any fat. Pound (see

sidebar) to ¼ inch thick, about 6 by 6 inches. Season with half the salt and pepper and set aside.

Put the milk in a bowl and soak the bread until soft, 1-2 minutes, depending upon how dry the bread is. Squeeze out excess milk, put the bread in a clean bowl and add the garlic, parsley, anchovies and thyme. Mix with your hands to make a paste. If it seems too dry, add a few drops of the soaking milk.

Lay the meat slices on a work surface. Place 1 tablespoon or so of filling in a line down the center of each slice, stopping short of the bottom and top edges. Fold, envelope style, first the bottom, then one side, then the other, and then fold the top down to make a packet. Tie crosswise and lengthwise with kitchen string to fasten. Repeat until all are made.

Heat the olive oil in a frying pan over medium-high heat. When it is hot, add the packets, browning them on all sides, about 2 or 3 minutes.