

# Stuffed Beef with Cheese and Pistachio

Tender Turkish stuffed beef with cheese and pistachios, featuring sautéed vegetables and a rich cream sauce. A traditional main dish perfect for special occasions.

10	15	25	2	Expert
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Stuffed Beef with Cheese and Pistachio

## Ingredients

- 0.7 lb beef
- 1 capia pepper
- 3.2 oz mushroom
- 2 clove garlic
- 1 cup bone broth
- 1 tbsp butter
- 1 tbsp flour
- 2 tbsp heavy cream
- 3 sprig fresh oregano
- 1.6 oz kashari cheese
- 1 tbsp pistachio
- 0 salt
- 0 black pepper

## Instructions

- Prepare the beef**

Place the 0.7 lb beef between plastic wrap and pound to 1/4-inch thickness using a meat mallet. Cut into 2 equal portions and season both sides with salt and pepper.
- Make the filling**

Mince the 2 garlic cloves and chop the 3.2 oz cheese into thin slices. Roughly chop the 1.6 oz pistachios and set aside with the cheese.
- Assemble the rolls**

Lay the beef pieces flat and divide the minced garlic, cheese slices, and chopped pistachios evenly between them. Roll each piece tightly, tucking in the sides, and secure with kitchen twine or toothpicks.
- Sear the beef rolls**

Heat 1 tablespoon olive oil in a heavy skillet over medium-high heat until shimmering. Add the beef rolls and sear on all sides until golden brown, about 2-3 minutes per side.

**5 Cook through**

Reduce heat to medium and continue cooking the rolls, turning occasionally, until they reach an internal temperature of 135°F (57°C) for medium-rare, about 6-8 minutes total.

**6 Start the sauce**

Remove the beef rolls to a plate and tent with foil. Add 1 tablespoon butter to the same pan and melt over medium heat.

**7 Make the cream sauce**

Add 2 tablespoons flour to the melted butter and whisk constantly until smooth and lightly golden, about 2 minutes. Gradually pour in 1 cup liquid (broth or wine), whisking continuously to prevent lumps.

**8 Finish and serve**

Simmer the sauce until thickened, about 3-4 minutes, then season with salt and pepper. Remove twine from the beef rolls, slice into rounds, and serve immediately with the warm sauce and 3 sprigs of fresh herbs as garnish.

## Tips

Pound the beef evenly to about 1/4 inch thickness for consistent cooking and easier rolling – place between plastic wrap to prevent mess.

Let the sautéed vegetable filling cool slightly before adding to the meat to prevent the cheese from melting prematurely during assembly.

Use toothpicks or kitchen twine to secure the beef rolls if they seem loose, removing them before slicing for serving.

Don't overfill the beef rolls – less filling makes for easier wrapping and more attractive slices when served.

Allow the cooked beef to rest for 5-10 minutes before slicing to help redistribute juices and make cleaner cuts.

Make the cream sauce in the same pan used for cooking the beef to capture all the flavorful browned bits from the bottom.

If the cream sauce becomes too thick, thin it with additional broth; if too thin, simmer longer to reduce and concentrate flavors.

Use a sharp knife when slicing the finished rolls to maintain the attractive spiral appearance of the filling.