

Christine's Beef Morcon Recipe

Serves: 8

Equipment

- kitchen twine

Ingredients

For the Morcon

- 2 pounds beef bottom round
- juice from 1 lemon
- ½ cup soy sauce
- pepper to taste
- 12 slices bacon
- 1 medium carrot, peeled and sliced lengthwise into strips
- 2 hot dogs, sliced lengthwise into strips
- 4 pieces Gherkins sweet pickles
- 4 ounces cheddar cheese, sliced lengthwise into strips
- 4 hard-boiled eggs, peeled and cut lengthwise into halves
- ½ cup flour
- ¼ cup oil

For the Sauce

- 1 onion, peeled and chopped
- 2 cloves garlic, peeled and minced
- reserved marinade, from marinating beef
- 1 cup tomato sauce
- 2 cups beef broth or water
- 1 bay leaf
- salt and pepper to taste
- ½ cup liver spread

Instructions

1. Ask the butcher to cut the morcon-style (wide beef slices). Arrange each beef slice between two heavy-duty plastic film and with a meat mallet, pound to about ½-inch thick (or thinner). Repeat with remaining beef slices. Trim sides of meat to shape it as close to a rectangle.
2. In a bowl, combine beef, lemon juice, soy sauce, and pepper to taste. Marinate for about 30 minutes.
3. In a pan over medium heat, fry bacon until cooked but still limp (not crisp). Remove from pan and drain on paper towels.
4. Drain beef from marinade, squeezing any excess liquid and reserving marinade.
5. Lay beef on a flat work surface and arrange bacon in a single layer on top of beef.
6. Arrange strips of carrots, hotdogs, pickles, and cheese, and halves of eggs lengthwise over bacon.
7. Gently gather the end of beef upwards and roll neatly into a log, enclosing filling. With kitchen twine, tie beef roulades snugly at both ends and center to fully secure. Lightly dredge with flour.
8. In a wide, heavy-bottomed skillet over high heat, heat oil. Gently add beef roll and lightly brown on all sides. Remove from pan and drain on paper towels.
9. Discard oil from skillet except for about 1 tablespoon. Add onions and garlic and cook until softened.
10. Add reserved marinade and bring to a boil, scraping sides to deglaze the pan.
11. Add tomato sauce, beef broth, and bay leaf. Season with salt and pepper to taste. Bring to a boil.
12. Gently add beef rolls in a single layer. Lower heat, cover, and cook for about 45 minutes to 1 hour or until beef is tender.
13. Remove beef rolls from pan and allow to stand for about 3 to 5 minutes. Slice into 1-inch thick rounds and arrange slices on a serving platter. Keep warm.
14. Add liver spread to the sauce and stir until dissolved. Continue to cook for about 5 minutes or until sauce is thickened.
15. Pour sauce over morcon slices and serve hot.

Notes

- Do not marinate the beef for too long, as the acids in the marinade might break down the protein fibers and make the meat mushy.
- Do not tie the rolls with the twine too tightly, as the meat will expand during cooking.