

Rolled Flap Meat

Two white onions
White Vinegar

Piquillo peppers

Flap Meat
Dijon Mustard
Salt
Pepper
(Go easy on the) Rosemary, chopped
Parsley, chopped
Parmesan

Garlic and rosemary to infuse olive oil

Make onion jam:

Chopped onions caramelized. Add a pinch of salt and a pinch of baking soda. Use a small bit of vinegar to deglaze the pan and add flavor.

Cover one side of the flap meat with dijon mustard. Flavor with salt and pepper. Add onion jam, rosemary, parsley, and parmesan. Roll and tie the roast.

Dress w/ olive oil, Salt and Pepper and grill.

Roast piquillo peppers.

Slice the roast. Serve w/ peppers ... glaze w/ garlic and rosemary infused olive oil and salt.