



WHEATON MEAT CO

TRAEGER PROSCIUTTO-STUFFED FLANK STEAK

2026 FLANK STEAK CONTEST: 2ND PLACE WINNER
SUBMITTED BY ALAN J.

STEAK:

- 1.5-2 lbs. WMCo flank steak
- 6-8 slices thin prosciutto
- 2 c. fresh baby spinach
- 1 c. shredded smoked provolone or mozzarella
- ¼ c. grated Parmesan
- 4 garlic cloves
- 2 tbsp sun-dried tomatoes, finely chopped
- 2 tbsp. fresh basil, chopped
- 1 tbsp. fresh parsley, chopped
- 2 tbsp. olive oil
- ½ tsp. crushed red pepper flakes (optional)
- Butcher's twine

STEAK RUB MIX:

- 1 tsp. kosher salt
- 1 tsp. coarse black pepper
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. smoked paprika

- 1** Steak Prep: Butterfly the flank steak if needed and pound it to an even thickness of about ½ inch. Brush lightly with olive oil and season both sides with the steak rub (reserve a little for step 3)
- 2** Build the filling: Spread the prosciutto across the entire steak. Top with spinach, smoked provolone, Parmesan, garlic, sun-dried tomatoes, basil, and parsley. Leave about 1 inch around the edges so everything stays inside.
- 3** Roll it up: Roll the steak tightly from the short end. Tie every 1.5 - 2 inches with butcher's twine. Season the outside with another light coating of the rub.
- 4** Set your Traeger to 225 degrees (oak, hickory, or a competition blend is great for this recipe).
- 5** Place the stuffed steak seam-side down. Smoke until the internal temperature reaches 118-120 degrees (about 60-90 minutes depending on thickness).

Increase the Traeger to 450-500 degrees or move steak to a hot cast-iron pan or grill. Sear 1-2 minutes per side until the internal temperature reaches 125-130 degrees F for medium-rare.

Rest 10-15 minutes before slicing. Cut into 1 inch pinwheels and sprinkle with a little extra Parmesan & chopped parsley.

Great served with garlic roasted asparagus or smoked baby potatoes with rosemary.

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