



CS Rouladen

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Categories: Main Dish - Beef, Main Dish - German

Ingredients

2 lbs Beef Brisket or Rump, sliced thinly across the grain
2 Gherkins (sour pickles) or 1 Dill Pickle
1 med Onion
2 slice Bacon (about 40 grams Speck)
2 T German Mustard
1/2 T Butter (or Butterschmalz, clarified)
1/2 T Vegetable Oil (or Butterschmalz)
1 med Carrot, diced
2 ribs Celery, diced
1 c Dry Red Wine
Bay leaf
Celtic Sea Salt and fresh ground Tellicherry Black Pepper
Fresh Parsley for garnish

Notes: German Rouladen are thin slices of beef often rolled around a pickle, mustard, onion and bacon mixture, in which case they would be known as Rindsrouladen. The adjectives Hausfrauenart (literally, "wife's method") and Hausmannskost (literally, husband's repast or meal) added to the name of a dish means it's a simple concoction served at home, often made without recipes. Serve with boiled potatoes (Dampfkartoffeln or parsley potatoes) or Spätzle noodles and red cabbage.

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 2 hours 50 minutes

Directions

- 1) Slice the beef about 1/4 inch thick across the large surface (grain). This can be done with a slicing machine or by the butcher, or by hand with a very sharp knife. This works best when the meat is partially frozen. You should be able to get 4 to 6 slices from the meat. Lay beef out flat.
- 2) Cut pickle lengthwise into strips, dice onion and bacon very fine and set aside. Spread each beef slice with mustard, fill one end with 2 slices of pickle, 1 - 2 tablespoons of onion, and some diced bacon.
- 3) Roll up from the filled end and tie with string (tie like you are wrapping a present or use a modified blanket stitch), or use turkey lacers (in Germany they are called Rouladennadel) to keep them closed.
- 4) Melt the butter and oil in a saucepan or Dutch oven and brown the outside of the roulades in it. Remove the roulades to a plate.
- 5) Add the diced carrot and celery, which is known as a Suppengrün or mirepoix, to the same pan the rolls were braised in. Sauté for a few minutes, until soft. Place the beef rolls back on top of the vegetables, add the red wine and a little water, to make about 1/2 inch of liquid in the pan.
- 6) Add the bay leaf, 1/2 teaspoon of salt (depends on how salty the bacon is) and some grinds of pepper, cover and braise over low heat for two hours, or until beef is tender.
- 7) Remove beef roulades and keep warm. Puree sauce and thicken (optional) with a little cream, sour cream or Wondra flour (known as Sossenbinder in Germany). Season to taste with more salt and pepper as needed. Place roulades back in sauce until serving time.
- 8) Serve with boiled potatoes (Dampfkartoffeln or parsley potatoes) or Spätzle noodles and red cabbage.

