

# *Beef Rouladen*

*sometimes spelled Roladen*



4-6 people

## **Ingredients;**

1 lb. round steak, cut thin (not more than 1/3 inch thick)

6 (about) slices of bacon, cut in small pieces

3 / 4 C. chopped onion

Dijon mustard

1 large or 2 small Dill Pickles, cut in narrow strips

String or toothpicks for securing rolls

Flour for dredging, seasoned with salt and pepper

Beef stock plus red wine, (Optional)

Oil or shortening for browning

## **Slurry for thickening gravy:**

1 / 2 cup cornstarch or flour

1 cup water.



Chop the bacon into small pieces. I find that it is easier to work with frozen bacon or semi frozen bacon. I cut the whole stack at once.



1. Cut the steak into pieces about 2" by 4". Pound the strips with a mallet or meat tenderizing tool until very thin and pliable; they will also be a little larger.

2. Season the strips with salt and pepper, spread thinly with mustard.

3. Place crosswise on each strip: 1 TB of bacon pieces, about 1 TB. chopped onion; and 1 strip of dill pickle.



4. Roll the steak up.



5. Toothpick the steak as so. thread it so it is parallel to the steak roll. If you stick it though horizontally you will not be able to brown it properly.



6. Dredge them in flour.



7. Brown the rolls in olive or vegetable oil, and place them in a baking pot.



8. 7. Add liquid (beef stock and a little red wine, or just water) to a depth of about 1/2 inch in skillet. 8. Cover the pan and simmer, adding liquid as needed. Cook them for about 1 hour, or until the Rouladen are tender.



7. Brown the rolls in olive or vegetable oil.

7. Add liquid (beef stock and a little red wine, or just water) to a depth of about 1/2 inch in skillet. 8. Cover the pan and simmer, adding liquid as needed. Cook them for about 1 hour, or until the Rouladen are tender.



9. Remove the rolls to a heated plate.



10. Thicken the gravy with flour or cornstarch. Sour cream or yogurt may be added. Rouladen are good served with Spaetzels, noodles, or mashed potatoes.



Cover the baking dish and keep in oven till time to serve. Sour cream or yogurt may be added. Rouladen are good served with Spaetzels, noodles, or mashed potatoes.