

German Rouladen (Beef Rolls)

Adapted from recipes in the Liederkranz Chorus Cookbook



This recipe makes 4 Rouladen

Ingredients:

4 pieces thinly sliced, lean round steak
or top round (1-1/2 to 2 lbs). Pieces need
to be large enough to stuff and roll up.
Approx. 4x6" in size and 1/4" thick)

Note: You can cut your own, or when your grocery has top round roasts, London Broil or top round steaks on special, (which are about 1/2 inch thick) ask the butcher to slice at 1/4 inch pieces.

Mustard (for spreading)

Salt & Pepper

8 Slices Bacon

1 Medium Onion (cut in slices OR roughly chopped)

8 Carrot Sticks

Dill Pickle Spears (cut in half if necessary)

3-4 T. Vegetable Oil

Red Wine for braising (optional)

Remember, you should never cook with wine without also drinking some.

Method:



Brush slices of round steak with mustard and sprinkle with salt and pepper. Lay two slices of bacon on top of each piece of meat. Top with onion, 2 carrot sticks and 1 or 2 pieces of pickle spear. Roll up steak and secure with a toothpick. Heat 3 to 4 T. oil in pan. Brown beef rolls on each side. Add a little

water (and wine if using) to pan then transfer rolls and broth to an oven-proof dish, cover tightly with a heavy lid or foil and braise at 300°F for about 2 to 3 hours until cooked through and very tender.



Check rolls halfway through cooking; do not let rolls dry out – add more liquid if necessary. For gravy, thicken pan juices with flour or cornstarch and season with salt and pepper.