

Rouladen

6 round boiling potatoes
a little salt

12 thin filets 1/4" thick about 2" wide and 5" long, length and wide can vary, beef can be round steak, flank steak, etc. (approximately 1.25 lbs of beef)

6 slices of bacon

2 dill pickles

1 dry onion, cut into 12 sections

Olive oil

Toothpicks

2 beef bullion cubes or equivalent

3 carrots

3 stalks of celery

A little flour

Kitchen Bouquet

Scrub the potatoes and boil in lightly salted water

When tender (~45 minutes) remove potatoes to a colander, rinse to arrest cooking, and reserve 2 cups of the water the potatoes were boiled in

Assemble the rouladen as follows:

- lay out a fillet
- place 1/2 slice bacon on the fillet
- place a small slice of pickle and a section of onion on the bacon
- roll up the beef tightly and secure the roll with one or two toothpicks

Put a little olive oil in a heavy pot and over high heat brown the rouladen (it may be easier to do this in two batches) toss in any remaining onion

Make two cups of beef bouillon, using the reserved potato water, and add to the pot, which now contains all of the rouladen

Reduce heat, cover, and simmer until tender, about 1.5 to 2 hours

Peel the carrots and chop the carrots and celery into 2 inch pieces

Add carrots and celery to the rouladen when about 30 minutes of cooking remain

Remove the rouladen and vegetables to a plate when they are done

Reduce the liquid on high heat and make a gravy using the flour and Kitchen Bouquet

Serve the gravy over the rouladen and the potatoes

This is simple and delicious. Some recipes recommend including mustard, salt, and pepper when assembling the rouladen. I find it unnecessary as the bouillon provides enough salt and the added mustard flavor is rooted in the European habit of eating mustard on steaks.