

Beef Rouladen (Rinder Rouladen)

Recipe from Elke Taylor

Ingredients:

- 6 slices topside (see below)
- 6 slices lean bacon
- 1 onion, sliced
- 6 dill pickles (gherkins)
- 2 tbsp. butter
- mild mustard, salt, pepper, corn starch
- 1 - 2 cups water

Instructions:

- Arrange the slices of meat on a chopping board and flatten them with a meat tenderiser.
- Season beef slices with salt and freshly ground pepper. Thinly spread mustard on top of each slice.
- Lay bacon and some onion on each slice, and lay the gherkin at one end.
- Roll up slices over gherkin, tucking the ends in and securing with thread (tie up like a mini parcel to stop unfolding or filling coming out of ends).
- Heat butter in casserole pan. Brown rouladen well on all sides. Do not crowd rouladen in or they will not brown nicely. Do in small batches if necessary. Add extra butter if needed.
- Once all rouladen are well browned, add 1 - 2 cups of hot water, gently stirring up browned bits. Return all rouladen and any accumulated juices to casserole pan, bring to simmer and cover.
- Simmer for about 1 1/2 hours.
- Remove rouladen. To thicken gravy, combine about 1-2 tbsp. corn starch in a little cold water and stir gently into cooking liquid until slightly thickened.
- Season gravy to taste with salt and freshly ground pepper. You could add sour cream to the gravy, but it's tastier without.

Remove thread to serve rouladen with their gravy, potatoes and red cabbage.