



UNIT 11 / Germany

Beef Roulades

Ingredients (2 portion)

- 2 x 400 g. Beef roulade schnitzel from the top Shell
- Salt, pepper
- 60 g. onion, peeled and cut into strips
- 60 g. smoked bacon, sliced
- 50 g. Pickles
- 1 El. Medium hot mustard
- 1Tl. Majoram
- 1El. flour for dusting
- 100 ml Soy oil for frying

Sauce

- 250 g. Root vegetables (leek, onion, carrot, celery, garlic) diced
- 1El. tomato paste
- 40 g. wheat flour
- 200 ml. red wine
- 800 ml. beef broth
- 1 St. Bay leaf
- 2 St. cloves
- 5 St. Juniper berries, crushed

Directions

- Pound the beef roulades flat, salt and pepper.
- Sauté the onions in a little oil until glazed. Set pan aside.
- Spread the roulades with mustard, pickles, smoked bacon, glazed onions and majoram on the meat.
- Beat the meat and roll into a roulade.
- Fix roulade with a toothpick.
- Turn the roulades in flour and lightly fry them in oil on both sides and take them out from the pot.
- Sprinkle the vegetables cubes in the roasting set, fry with tomato paste and dust with a little flour.
- To deglaze with red wine, reduce a bit, pour in beef broth and add the spices.
- Put the roulades back in the sauce and let them over medium heat for about 70 to 80 minutes.
- Take out the finished roulades and pass the sauce through a sieve and reduce to 400ml
- In the last step, Taste the sauce and season again if necessary.

Notes: Smoked Poultry or beef can also be used for smoked bacon.





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