

Mom's Traditional German Beef Rouladen (Rinderrouladen) with Spaetzle

(Serves 8)

Ingredients:

2 1/2lbs lean high-quality [beef round steak](#), cut into 8 equal rectangular sections and pounded flat

8 tablespoons [yellow mustard](#)

salt and pepper, to taste

4 slices [bacon](#), chopped

1/2cup white onion, chopped

1/4cup [dill pickle](#), finely chopped (may use dill relish)

1/4cup oil, for frying

3 1/2cups [hot water](#), to cover (or hot beef broth)

1 [bay leaf](#)

1/3cup [flour](#)

1/4cup [fresh parsley](#), minced (for serving)

Wooden toothpick (or may use cooking twine or white thread for securing rouladen)

Directions:

Spread 1 tablespoon mustard evenly on one side of each pounded steak.

Sprinkle salt and pepper over mustard.

Evenly sprinkle chopped bacon, onion, and pickles over mustard side of each steak.

Roll up firmly jelly roll fashion (with filling to inside, starting at narrow end), and secure each rouladen shut (so filling stays in) with wooden toothpicks, cooking twine, or white sewing thread.

In a large dutch oven, heat the cooking oil over medium-high heat. When hot, carefully add the rouladen rolls. Fry until nicely browned, turning once (about 7 minutes per side).

Add enough hot water or broth to almost cover the rouladen.

Add bay leaf. Increase heat to high and bring to a boil.

Cover and reduce heat to low.

Simmer, covered, for 1 ½ hours on low heat, checking once halfway through to give a stir and see that meat is covered with sufficient liquid (you may add a little hot water at this point, if necessary).

With a large slotted spoon, carefully remove the rouladen from the hot broth to an oven-proof dish; cover with foil and keep warm in the oven while making the gravy.

To Make Gravy:

Add the flour to 1 cup of water in a large measuring cup, whisking briskly with a fork to blend.

Pour the flour mixture all at once into the hot broth, using a wire whisk to blend. Use a wooden spoon to scrape up any brown bits from the bottom of the pan, and stir them into the gravy.

Increase heat to medium-high, and bring gravy mixture to a boil, whisking constantly. Continue to whisk and boil for two to three minutes, until gravy thickens. Reduce heat to low, and remove the bay leaf. Adjust seasoning to taste.

To Serve:

(Note: Remove toothpicks and twine or thread before serving).

Using a large slotted spoon, carefully place the rouladen into the hot gravy; cover, and warm through for a few minutes.

Remove from heat and serve.

Good sides are boiled new potatoes or potato dumplings sprinkled with fresh snipped parsley, and German Rotkohl (Red Cabbage) or Country Green Beans with Bacon and Onion.

We are using spaetzle which can be bought ready made. It is a traditional German egg pasta. A 500 gram package will make enough to serve eight people.

Note to Diners chefs:

- Quality Spaetzle is available at Fairway Market.
- Rouladen Cuts are better ordered through the butcher at either Canadian Superstore or Food for Less.