

Rolladen

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A German delicacy that my grandmother, Ome (Hedwig Nahlob) used to make!

Ingredients

- Rolladen (this is top round beef, sliced thin, usually available in most grocery stores. I usually plan for 2 rolladen per adult)
- Bacon (1 strip for each slice of beef)
- Onion, cut in half then cut into slices (approx. 1/2 med. onion per slice of beef)
- Dijon mustard
- Salt
- Pepper
- Dill pickle(s), cut lengthwise into 8^{ths} (optional)
- Butcher String (or thread)

- 2 tbsp. oil

- 2 cups beef stock (or water)
- Additional water as needed

- Equal amounts of Butter and Flour

Method:

Making the Rolladen

On flat working surface lay out all beef slices (I use wax paper for safety and easy cleanup).

Spread 1 teaspoon mustard over entire surface of each rolladen.

Sprinkle salt and pepper on each slice.

Place 1 strip of bacon lengthways on each slice of rolladen.

Place onion slices perpendicular to the meat, and along the whole length of the rolladen.

Place one slice of pickle at small end of beef (optional).

With your fingers, slowly roll meat over pickle and continue until you have tightly rolled the entire length of beef.

Secure rolls with butcher string.

Cooking the Rolladen

Heat the oil in a fry pan (or the pot you will cook the rolladen in).

Quickly brown rolladen on all sides in hot oil on medium - high heat.

Remove the rolladen from oil and place in a large pot (or reduce heat to minimum if browning meat in the same pot used to cook rolladen).

Add beef broth or water. Add more water to ensure the rolladens are completely covered by liquid.

Feel free to add any leftover onions, perhaps some other vegetables like carrots and celery, and a bay leaf . I also like to add Worcestershire Sauce.

Cover, allowing for some steam to get out, and cook on low for 2 to 2 ½ hours.

Rolladen can also be cooked in a slow cooker for 8 hours on low.

Making Gravy

In a separate small pot, melt the butter on no more than medium heat.

Whisk in flour to create a roux.

Slowly add some liquid the rolladen cooked in ((put the liquid through a gravy separator first)

Continue to add liquid to make the gravy the thickness you prefer.

Serve with boiled or mashed potatoes or spatzle, and any vegetable you prefer.

I hope you decide to try Rolladen one day. When you do, please let me know what you think of it, and do you prefer Rolladen with the pickle or not?