



German Beef Rouladen

Prep Time: 21 minutes
Cook Time: 15 minutes
Yield: 4 servings

INGREDIENTS

For the Rouladen:

8 slices top round beef (about 4x6 inches, 1/4 inch thick; gently pounded thinner)

1/3 cup German yellow mustard

8 slices bacon

8 medium German pickles, sliced lengthwise

1 medium yellow onion, chopped

Salt and freshly ground black pepper

For the Gravy:

1 tbsp butter

1 tbsp cooking oil (e.g., avocado oil for high heat)

1 medium yellow onion, chopped

1 clove garlic, minced

1 small leek, chopped (rinsed and drained)

1 large carrot, chopped

DIRECTIONS

For the Gravy: Continued

large celery stalk, chopped

1 cup dry red wine

2 cups strong beef broth

1 tbsp tomato paste

1 bay leaf

1 tsp sugar

1/2 tsp salt

1/4 tsp freshly ground black pepper

4 tbsp chilled butter

Cornstarch or flour slurry (1–2 tbsp cornstarch or 2–3 tbsp flour dissolved)

Directions:

1. Prepare the Rouladen

Lay the beef slices on a flat surface. Spread a thin layer of mustard on each slice.

Sprinkle lightly with salt and pepper.

Lay a slice of bacon, a few strips of pickle, and some chopped onion on top of each slice.

Roll each slice tightly and secure with toothpicks or kitchen twine.

2. Sear the Rouladen

Heat butter and oil in a large skillet or Dutch oven over medium-high heat.

Sear the rouladen on all sides until browned (about 2–3 minutes per side). Remove and set aside.

3. Build the Gravy Base

In the same pan, sauté the chopped onion, garlic, leek, carrot, and celery until softened (about 5–7 minutes).

Stir in the tomato paste and cook for another minute.

Deglaze the pan with red wine, scraping up any browned bits from the bottom.

Add beef broth, bay leaf, sugar, salt, and pepper. Bring to a boil.

4. Simmer the Rouladen

Return the rouladen to the pan, nestling them into the gravy.

Reduce heat to low, cover, and simmer gently for 1.5–2 hours, or until the beef is tender.

5. Thicken the Gravy

Remove the rouladen and keep warm.

Strain the gravy to remove the vegetables (optional for smoother gravy).

Bring the liquid to a simmer and whisk in the cornstarch or flour slurry. Cook until the gravy thickens.

Stir in the chilled butter for a glossy, rich finish.

6. Serve

Remove the toothpicks or twine from the rouladen.

Plate with gravy drizzled over the top and serve alongside mashed



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DIRECTIONS CONTINUED

potatoes, spaetzle, or red cabbage.



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Recipe adapted from: Chef Andrew Gajadhar