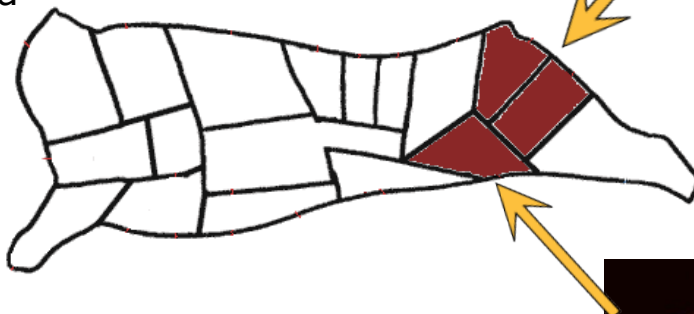


# Bavarian Beef Rouladen



Beef Top Round



Sirloin Tip



The cuts to use are from the *Beef Round* and we prefer the *Top Round*, slices from the *Sirloin Tip* can also be used.

Fat should be trimmed off completely!

They are sold in some meat markets as Chip Steaks, which are sliced less than a 1/4 inch thick.

*They have to be thick enough not to tear while rolling.*

Other ingredients needed are *Yellow Salad Mustard, Bacon, Chopped Onions, Pickles*, granulated *Beef Broth, Water* and *Tooth picks*.



**Bacon:** Some people use whole slices, we use diced.

**Onions**



**Mustard**



**Pickles**

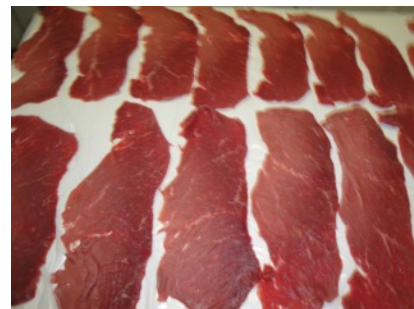


and **Beef Broth** for the Gravy.



To start we cut open a white kitchen plastic bag and cover our countertop with it.

Lay out the meat slices on the plastic.



Squeeze on some mustard and spread.



Add 1 slice of bacon or the equivalent diced.



Add onions



Add pickles



To roll  
Start folding one side, then the other.

Roll towards the narrow end



Secure with a toothpick



And it is done



Repeat until all Rouladen are rolled.



Clean up is easy, discard the plastic bag and you are done!

Set aside the amount of Rouladen to be cooked and freeze the rest individually wrapped for future use.

As many dinners as you want with clean up only once.



## Cooking:

In frying pan heat a teaspoon of oil and add Rouladen.



Brown on all sides until liquid is gone.



Transfer meat to a roaster and add water to the pan to de-glaze. Add more mustard and beef broth to the water and bring to a boil. Pour this liquid over the Rouladen in the roaster. Meat should be covered by liquid. Place in oven and bake until they are done.

*Serve with Potatoes, Noodles, Dumplings or Spaetzle and Red Cabbage.*



***Guten Appetit!***

*Enjoy your meal!*

