

ROULADEN (BEEF ROLLS)

This is an adaptation of the recipe sent by reader Karen Andresen, with approximate amounts of ingredients and a couple of optional ingredients added. Dumplings or boiled potatoes are the traditional accompaniment.

INGREDIENTS:

- 2 pounds top round, sirloin tip or hangar steak, sliced thinly into 6 pieces
- Salt and freshly ground pepper to taste
- 2 to 3 tablespoons Dusseldorf or Dijon mustard
- 6 slices thick-cut bacon, coarsely chopped
- 3 tablespoons finely chopped dill pickle
- 2 tablespoons chopped Italian parsley (optional)
- 1 small onion, finely chopped (optional)
- Flour as needed
- 4 ounces butter, or 2 ounces butter + 2 tablespoons vegetable oil
- 1 to 1½ cups water or beef bouillon

INSTRUCTIONS:

Pound the meat slices until they are very thin and about $3\frac{1}{2} \times 5$ inches each. Have the butcher do this for you or do it with a meat mallet, the blunt side of a cleaver or even the edge of a sturdy plate.

Season one side of each slice with salt and pepper, then spread with mustard. Divide the bacon and pickle among the slices, adding parsley and/or onion if desired. Roll up meat slices as tightly as possible, securing with kitchen string or toothpicks.

Dredge the rolls lightly in flour.

Heat the butter in a shallow, heavy, ovenproof pan with a lid over medium-hot heat until very hot but not smoking. Brown the beef rolls on all sides, turning occasionally, for about 7 minutes. Add water to barely cover the meat. Bring to a boil, then reduce heat to low and cover the pan.

Cook at a lively simmer, checking once or twice and adding liquid if the pan is almost dry, for about $1\frac{1}{2}$ hours, or until the meat is very tender.

Transfer the rolls to a warm plate and tent with foil.

Boil down the liquid if there is more than 1 cup. If you like a thicker sauce, thicken with a little flour dissolved in cold water.

Spoon the sauce over the rolls.

Serves 6.

PER SERVING: 455 calories, 42 g protein, 1 g carbohydrate, 31 g fat (15 g saturated), 152 mg cholesterol, 718 mg sodium, 0 fiber.