

### Beef Roulades

#### Ingredients 4 Persons

- 4 beef schnitzel

#### for the filling

- 8 thin slices of bacon
- 50g tarragon mustard
- 2-3 pieces of root vegetables typically carrots or yellow beets
- 4 pickles

#### for the sauce

- 2 carrots cut into small cubes for the sauce
- 1 whole clove of garlic with peel
- 3 sprigs of thyme
- 1 small onion finely chopped
- 1 bay leaf
- 100ml rich red wine
- 500ml beef broth or stock
- 100ml olive oil
- 50 grams of butter
- wheat flour for dusting
- 150 ml of whipped cream
- Salt, black pepper



### Refining

If you like a very strong sauce, you can cook a few mushrooms. This gives a fine umami taste. The filling can be varied according to taste and preference. Parma ham, dried tomatoes, various pestos, there are no limits to your imagination.

### Culinamus

We use our favorite roaster, the oval Le Creuset (with 8.9L) and use double the quantities.

#### Preparation (45 minutes)

- Cut the root vegetables and pickles into thin sticks.
- Pound the beef (tenderize), put salt, pepper and brush with mustard.
- Place 2 slices of bacon on each schnitzel, place the root vegetables and gherkin on top. Roll up and fix with a skewer (splitting, clip). Salt the meat and dust with some flour.



## Cooking (2 hours)

Heat the olive oil in a casserole. Add the thyme and garlic and sear the roulades on all sides. take out meat.

Turn the heat down, add the butter and sauté the onions and carrots. When the vegetables have taken on color, deglaze with red wine and allow the wine to boil down completely (except for the dregs). If you want, you can repeat this again and get a stronger sauce base.

Add the soup, put the roulades in and simmer gently with the lid on until the meat is tender. This takes 1 ½ to 2 hours.  
(Alternatively, you can put the roaster in a preheated oven at 180 degrees)



Towards the end (the last 15-20 minutes) remove the lid and reduce the sauce.

Remove the roulades from the sauce and keep warm.  
Remove thyme, bay leaf and garlic. Make the sauce smooth with a hand blender, add the whipped cream and heat through. Free the roulades from the skewers (splits, clips) and arrange on a plate.



## And together with that

Potatoes (mashed or roasted) are very good as a side dish.

A somewhat heavier red wine, e.g. a Carnuntum Rubin or a Heideboden, e.g. from the Schaller am See family in Podersdorf is a fine combination.

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