



## Beef Rouladen with Pan Gravy\*

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prep time:  
30 minutes

cook time:  
1 hour

makes 6 to  
8 servings

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### grocery list

large, sweet onions  
4 lb. beef top round  
**Morton & Bassett Paprika and Whole Black Peppercorns**  
**La Baleine Sea Salt**  
1 lb. hickory-smoked sliced bacon  
**Enova Oil**  
beef stock and cornstarch  
fresh flat-leaf parsley  
**Hengstenberg** pickles from Germany

\*Exclusive Chef Faith Alahverdian recipe.

## beef rouladen with pan gravy

4 large, sweet onions, sliced  
3 tbsp. **Enova Oil** or **Plugrá European Style Butter**  
4 lb. beef top round, cut into  $\frac{1}{4}$  inch thick  
by 8 inch long slices, pounded until tender  
1 tsp. **Morton & Bassett Paprika**  
**La Baleine Sea Salt**  
**Morton & Bassett Whole Black Peppercorns**,  
freshly ground  
1 lb. hickory-smoked sliced bacon  
 $\frac{1}{4}$  cup **Enova Oil**  
3 cups beef stock (reserve 3 tbsp. for cornstarch mixture)  
1 tsp. finely chopped fresh flat-leaf parsley  
**Hengstenberg** pickle slices from Germany (optional)  
2 tbsp. cornstarch  
Additional chopped parsley for garnish

1. Caramelize onions in 3 tablespoons **Enova Oil**; set aside to cool. Place pounded slices of beef on cutting board and work with 1 at a time.
2. Season each beef slice with paprika, sea salt and pepper to taste. Line each piece with 1 slice bacon, 1 tablespoon caramelized onions and 1 slice pickle, if desired. Roll the beef around the filling, folding in the sides until it becomes a bundle. Tie each bundle with string in 2 places to secure; set aside. Repeat until all meat slices are used. (Reserve any leftover onions to later place in the sauce.)
3. Heat large, heavy, stainless-steel skillet over medium heat for 1 minute; add  $\frac{1}{4}$  cup **Enova Oil**. Increase heat to high; add some of beef bundles without covering entire surface of pan. Sear bundles until golden on each side; remove from pan to plate. Repeat until all bundles are seared.
4. Take 3 tablespoons out of the 3 cups beef stock; refrigerate for later. Reduce heat to low in skillet; add remaining beef stock. Return all beef bundles to the skillet; add 1 teaspoon parsley and cover. Simmer for 45 minutes. Remove bundles to serving platter; remove string.
5. Stir cornstarch and reserved 3 tablespoons beef stock in cup; stir into skillet to thicken pan juices. Bring to low boil; cook, stirring constantly until thick and glossy, about 4 minutes. Season to taste with sea salt and pepper. Ladle gravy over rouladen and garnish with additional chopped parsley. Serve with homemade spaetzle.

Per Serving: 766 calories, 11g carbohydrate,  
81g protein, 42g fat, 9g saturated fat, 1g fiber,  
201mg cholesterol, 714mg sodium

## kitchen tools

cutting board  
chef's knife  
meat mallet  
measuring spoons  
liquid measuring cup  
butcher's string and  
scissors  
large, heavy,  
stainless steel skillet  
with lid  
plate  
cup  
serving platter  
whisk or  
heatproof spatula

## recipe note

In some regions of Germany, a pickle slice is included in each bundle as well. **Hengstenberg** pickles from Germany would be perfect for this addition.

## a good idea

Turkey bacon could be substituted for pork bacon, if desired.

