

Beef Rouladen Recipe

Delicious Rouladen is rolls of tender, braised beef wrapped around bacon and thin slices of carrots, onions and pickles, all smothered in delicious gravy.



4.99 from 53 votes

Prep Time	Cook Time	Total Time
15 mins	2 hrs 20 mins	2 hrs 35 mins

Course: Main Course Cuisine: German Servings: 8
Calories: 206kcal Author: Lauren Allen Cost: 7

Equipment

- Dutch Oven
- Knife
- Toothpicks



Recipe Link

Ingredients

- 2-3 lbs round roast* (have butcher slice thinly- length wise @ 1/8 " thick)
- 8-12 slices bacon , optional
- 1 onion very thinly sliced
- 2 carrots very thinly sliced, julienne
- 2 whole dill pickles thinly sliced,
- 1/2 cup German mustard* or dijon or stone-ground mustard
- salt and Pepper
- toothpicks
- 2 Tablespoons butter or oil , or a combination
- 1 cup water or beef broth

Instructions

1. **Prep veggies:** Cut the onion, carrot and pickle in match-stick style pieces.
1 onion, 2 carrots, 2 whole dill pickles
2. **Prep meat:** Lay out the thin slices of meat and each spread generously with mustard and sprinkle with salt and pepper.
1/2 cup German mustard*, salt and Pepper, 2-3 lbs round roast*
3. **Assemble:** Lay a slice of bacon on top (if using) and then pickle, carrot and onion along the meat. Roll up tightly and secure with toothpicks.
8-12 slices bacon, toothpicks
4. **Sear:** Heat a large dutch oven or heavy bottom pot over medium-high heat. Add oil and once hot, add rolled meat bundles and sear, turning, until browned on all sides.

2 Tablespoons butter or oil
5. **Braise:** Add 1 cup beef broth (or water) to the pot and scape up any browned bits from the pan. Cover pot and simmer on LOW heat for 2 hours.

1 cup water or beef broth

6. **Gravy:** Remove Rouladen to a plate and bring juices in the pot to a boil. Thicken with cornstarch dissolved in 1 Tablespoon of water. Taste gravy and add additional salt, pepper, or beef bouillon granules, if desired.
7. **Serve:** Remove toothpicks from the Rouladen and serve with gravy spooned on top.

Notes

Beef for Rouladen: Use top round roast (sometimes called topside or beef round roast) beef for Rouladen, and more importantly, ask your butcher to cut it for you! You want long thin slices about 1/4 inches thick and 6-10 inches long and 4-5 inches wide.

Mustard: You can often find German Market at the regular grocery store, or look at World Market or online.

Mushrooms: Could be sautéed and added to (or cooked with) the gravy, if desired.

Serve Rouladen with: Spaetzle and Red Cabbage (Rotkohl), mashed potatoes or rice.

Make Ahead Instructions: Raw rouladen can be prepared/rolled ahead of time and stored in the fridge for the next day. Cooked rouladen can be stored in the fridge for several days. Ideally, leave out for half an hour to an hour prior to reheating in a pan with some beef broth at 250 degrees for 25 minutes, covered.

Freezing Instructions: Freeze Rouladen as uncooked bundles, or freeze after they've been cooked, in a freezer safe container for up to 3 months. Thaw in the fridge overnight, then cook as instructed, or reheat in a pan with some beef broth at 250 degrees for 25 minutes, covered.

Slow Cooker Method: Roll and sear rouladen as instructed, then place in crockpot with beef broth and slow cook on LOW for 6-8 hours.

Nutrition

Calories: 206kcal | Carbohydrates: 4g | Protein: 26g | Fat: 9g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0.1g | Cholesterol: 78mg | Sodium: 292mg | Potassium: 480mg | Fiber: 1g | Sugar: 2g | Vitamin A: 2647IU | Vitamin C: 2mg | Calcium: 41mg | Iron: 3mg

<https://tastesbetterfromscratch.com/rouladen/>

