GERMAN · DINNER

Rinderrouladen (German Beef Rolls in Red Wine Gravy)

Rinderrouladen

150 min · Serves 6 · 679 kcal a serve · Video 13:26 in German · CALLEkocht - Omas Rezepte

Gluten-free ingredients · No dairy listed · No nuts listed

Each serve of two topside rolls gives about 54 g of protein for 16 g net carbs; the gravy is thickened with blended vegetables rather than flour.

Diet notes: Paleo with a swap: olive, avocado or coconut oil instead of the oil.

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Ingredients 18 · SERVES 6

- [ ] 12 **thin beef rouladen** slices cut from the topside (Oberschale), about 1.3 kg
- [ ] **salt**
- [ ] **freshly ground black pepper**
- [ ] **medium-hot German mustard** (mittelscharfer Senf), a thin layer on each (about 4 tbsp)
- [ ] 12 slices **bacon** (Speck, about 180 g)
- [ ] 3 **pickled gherkins** (Gewürzgurken), cut into strips
- [ ] 3 **onions**, cut into thick slices
- [ ] 2 tbsp **oil**, for the onions and for browning
- [ ] a piece of **celeriac** from the soup-vegetable bunch (Suppengrün), about 150 g, diced
- [ ] 2 **carrots** from the soup-vegetable bunch, about 150 g, diced
- [ ] 1 small **leek** (about 100 g), sliced
- [ ] 2 tbsp **tomato paste**
- [ ] 750 ml (1 bottle) **dry red wine**, or unsweetened grape juice
- [ ] **water** to top up the pot (about 400 ml)
- [ ] 1 tsp **allspice berries** (Piment)
- [ ] 1 tbsp **black peppercorns**
- [ ] 4 **cloves**
- [ ] 2 **bay leaves**

Allergens found in the listed ingredients: Celery, Mustard, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the onions into thick slices and sweat them gently in a little oil with salt and pepper until soft and just colouring; they should melt, not brown. 1:03
2. Lay the beef slices side by side. Season the top side only with plenty of pepper and some salt, then spread a thin layer of mustard over each with the back of a spoon. 2:00
3. Top each slice with a rasher of bacon, a few strips of gherkin and a spoonful of the softened onions. 3:03
4. Put the onion pan back on the heat and roast the diced celeriac and carrot in it. Meanwhile roll each slice up tightly from the short end, push the rolls together in packs of four and pin each pack with two skewers. 4:07
5. Add the leek to the vegetables. Heat a little oil in a large casserole and brown the packs of rolls well on both sides. 6:24
6. Lift out the rolls, tip the browned vegetables into the casserole juices, stir in the tomato paste and deglaze with a splash of red wine, letting it cook down to a deep brown; repeat three times. 7:07
7. Set the rolls back on the vegetables with their juices, add the rest of the wine and top up with water until almost covered. Add the allspice, peppercorns, cloves and bay leaves, cover and braise at 160 °C fan for about 1½ hours until fork-tender. 9:00
8. Pull out the skewers and lift out the rolls. Blend the sauce with its vegetables and spices until smooth, season, and spoon it over the rolls. 11:26

> **Tip** Serves 6 (two rolls each). Traditionally eaten with boiled potatoes and red cabbage; a cucumber salad or steamed greens keeps it lighter. Keeps 3 days in the fridge and freezes well in its sauce.

The method is a summary in our words, in English — the video (in German) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
679 kcal 2,840 kJ	**54** g 107% of a day	**20** g 16 g net · 7.4 g sugars 7% of a day	**3.9** g 14% of a day	**33** g 10 g saturated 42% of a day	**1,150** mg 50% of a day

Energy from net carbs 11% · protein 37% · fat 52% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 114% · Vitamin B12 101% · Zinc 82% · Vitamin B6 79% · Omega-3 36% · Iron 31% · Vitamin K 27% · Vitamin A 26% · Potassium 24% · Magnesium 21%

Source of (10–19%) Vitamin E 15% · Vitamin C 13% · Folate 12%

⚠ One serve has about 50% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: CALLEkocht - Omas Rezepte (@CALLEkocht) on YouTube — youtube.com/watch?v=AghSLQ9RfXc, published 11 November 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/rinderrouladen-german-beef-rolls