POLISH · LUNCH · DINNER

Rolada Slaska (Silesian Beef Roulade with Pickle and Bacon)

Rolada śląska

120 min · Serves 4 · 528 kcal a serve · Video 17:43 in Polish · Rączka Gotuje

No nuts listed

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About 42 g protein and 6 g net carbs a serve: lean beef topside rolled around pickle, onion and a little bacon, braised in a butter-browned gravy thickened with just a spoonful of flour.

Diet notes: Keto (6.4 g net carbs a serve); Paleo with a swap: arrowroot or tapioca flour instead of the plain flour, arrowroot or tapioca starch instead of the potato starch, ghee instead of the butter.

Ingredients 13 · SERVES 4

- [ ] 1½ lb **beef topside** (udziec wołowy), cut into 4 thin slices
- [ ] 2–3 tbsp **spicy mustard** (Polish sarepska)
- [ ] 3–3½ oz **smoked bacon** (boczek), cut into strips — keep the rind
- [ ] 1 **onion**, cut into strips
- [ ] 2 **Polish fermented dill pickles** (ogórki kiszone), cut into strips
- [ ] 2½ oz **butter**
- [ ] 2 **bay leaves**
- [ ] 4 **allspice berries**
- [ ] 2 cups **water**
- [ ] 1 tbsp **plain flour**, for the sauce
- [ ] ½ tbsp **potato starch** (mąka ziemniaczana), for the sauce
- [ ] **salt**, to taste (at the end)
- [ ] **black pepper**, to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Mustard. 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. Let the beef slices come to room temperature. Cover each with cling film and pound it thin, beating the edges a little thinner so the roll seals. 2:30
2. Cut the bacon (keeping the rind), the onion and the pickles into strips. 2:44
3. Spread each slice with mustard, lay bacon, onion and pickle across it, fold in the sides and roll up tightly. 3:59
4. Shape each roll with wet hands and tie it with white kitchen string, looping it a few times so it can't open. 6:00
5. Brown the rolls in the butter over high heat, seam side down first, until deeply browned on all sides — almost catching is what flavours the sauce. 8:04
6. Don't salt yet. Add the bacon rind, bay leaves, allspice and water, cover and braise gently about 1½ hours until very tender. 10:58
7. Lift out the rolls and remove the string. Strain the cooking liquid, thicken it with the flour and potato starch stirred into a little cold water, season with salt and pepper, and pour over the roulades. 16:01

> **Tip** The classic Sunday plate adds Silesian potato dumplings (kluski) and braised red cabbage (modra kapusta); the cabbage alone keeps it low-carb. Don't salt before braising — it toughens the meat.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
528 kcal	42 g	8 g	1.5 g	36 g	900 mg
2,210 kJ	85% of a day	6.4 g net · 2.2 g sugars	5% of a day	17 g saturated	39% of a day
		3% of a day		46% of a day	

Energy from net carbs 5% · protein 32% · fat 63% — fits keto: 6.4 g net carbs, 63% of the energy from fat

High in (20%+ of a day) Selenium 93% · Vitamin B12 83% · Zinc 64% · Vitamin B6 53%

Source of (10–19%) Iron 18% · Vitamin K 15% · Vitamin A 14% · Potassium 12% · Magnesium 11% · Omega-3 11%

Recipe and video: Rączka Gotuje (@raczkagotuje1081) on YouTube — youtube.com/watch?v=yix9pH9z2q8, published 26 December 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/rolada-slaska