



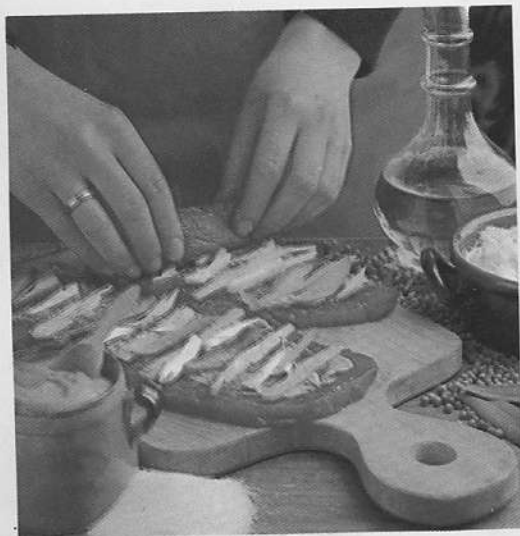
beef rolls

## beef rolls *rinderrouladen*

CL0000-1

The people of Berlin claim the origin of this dish.

- |  |   |
|--|---|
| <b>4 pieces steak roll or sandwich steaks, each about 6 ounces</b> | <b>2 ounces salt pork (or 2 strips bacon), cut into thin strips</b> |
| <b>2 teaspoons Dijon-style mustard</b>                             | <b>1 large onion, chopped</b>                                       |
| <b>½ teaspoon salt</b>   | <b>¼ cup vegetable oil</b>  |
| <b>¼ teaspoon pepper</b>   | <b>1½ cups hot beef broth</b>                                       |
| <b>2 large pickles, cut into long, thin strips</b>                 | <b>4 peppercorns</b>  |
|  | <b>½ bay leaf</b>   |
|  | <b>1 tablespoon cornstarch</b>                                      |



Divide pickles, salt pork (or bacon), and onion among the steaks.

Lay steaks on a flat surface. Spread each with mustard; sprinkle with salt and pepper.

Divide pickles, salt pork (or bacon), and onion among the steaks as shown. Roll up steaks jelly-roll fashion; secure with beef-roll clamps, toothpicks, or thread.

Heat oil in a heavy saucepan, add the steak rolls, and brown well on all sides, about 15 minutes. Pour in hot beef broth, peppercorns, and bay leaf. Cover and simmer for 1 hour and 20 minutes. Remove beef rolls, discard clamps, and arrange on a preheated platter.

Blend cornstarch with a small amount of cold water, stir into gravy, and bring to a boil, until thick and bubbly. Correct seasonings and serve separately. Makes 4 servings.

CL0100-2

## sauerbraten

for 40-45 lbs meat  
6X liquid  
8X other

4 pounds boneless beef roast	2 cloves
1 cup water	2 tablespoons vegetable oil
1 cup wine vinegar	1 medium tomato, peeled and chopped
2 onions, sliced	2 tablespoons flour
1 teaspoon salt	2 teaspoons sugar
6 peppercorns	¼ cup water
2 bay leaves	

Place meat in a large container (not metal).

In a saucepan bring water, vinegar, onions, salt, peppercorns, bay leaves, and cloves to a boil. Simmer for 10 minutes. Cool marinade to room temperature. Pour marinade over meat. Refrigerate for 2 to 3 days, turning several times each day.

Remove meat from marinade, and dry. Brown meat in hot vegetable oil in a Dutch oven. Add the tomato and marinade liquid. Cover and simmer gently 1 to 2 hours, until meat is tender.

The meat could also be placed in a 325°F oven and baked, or it could be cooked on low in a slow cooker 3 to 4 hours.

Remove meat from juices. Also remove peppercorns, cloves, and bay leaves.

Mix flour and sugar with water until lumps disappear. Add to pan juices and cook until thickened.

Serve with boiled potatoes and red cabbage. Makes 6 to 8 servings.

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## sauerbraten with gingersnap gravy

*sauerbraten mit ingwer  
kuchen sosse*

4-pound beef rump roast	½ cup cider vinegar
2 onions, thinly sliced	¼ cup vegetable oil
8 peppercorns	½ teaspoon salt
4 cloves	2 cups boiling water
1 bay leaf	10 gingersnaps
1 cup mild white vinegar	½ cup sour cream
1 cup water	1 tablespoon flour

Place the beef roast in a deep ceramic or glass bowl. Add onions, peppercorns, cloves, and bay leaf. Pour white vinegar, water, and cider vinegar over the meat; chill, covered, for 4 days. Turn meat twice each day.

Remove the meat from the marinade, dry it well with paper towels, and strain the marinade into a bowl. Reserve the onions and 1 cup of marinade.

In a Dutch oven brown the meat on all sides in hot vegetable oil. Sprinkle meat with salt. Pour boiling water around the meat, sprinkle in crushed gingersnaps, and simmer, covered, for 1½ hours. Turn often. Add 1 cup of reserved marinade and cook meat 2 hours or more, until tender.

Remove the meat and keep it warm. Strain the cooking juices into a large saucepan.

In a small bowl mix sour cream with flour. Stir it into the cooking juices and cook, stirring, until sauce is thickened and smooth. Slice the meat in ¼-inch slices; add to the hot gravy.

Arrange meat on a heated platter and pour extra sauce over it. Makes 8 to 10 servings.

OK