

BEEF ROULADEN "MA FAÇON"

(credit goes to my father, Rainer Suletzki, for this one. He makes the best rouladen in the world)

INGREDIENTS

4 slices of thinly cut top round beef (see note)
1 large onion, diced
8 slices breakfast bacon
4 tablespoons Dijon mustard
4 large mushrooms, diced
salt and pepper to taste
cayenne pepper (optional)
herbs de Provence (optional)
4 tablespoons vegetable oil
1 cup red wine
1 to 1 1/2 cups beef stock (to not quite cover rouladen for braising)

DIRECTIONS

Note: Try to have the meat cut approximately 1/8 inch thick, otherwise meet has to be pounded to make it flexible enough to be handled.

Season the meat slice (one side only) by spreading one teaspoon of mustard on it, salt and pepper and additional spices as you like. Then place two slices of bacon on it. Add one teaspoon of diced onion and one tablespoon of diced mushroom to the wider end of the meat slice and start rolling. Halfway through the roll try to fold in both meat sides to actually crate a pouch. Secure the roulade with a toothpick or twine.

Heat the vegetable oil in a heavy skillet and brown all rouladen evenly for several minutes, add red wine and turn rouladen in liquid; add beef bouillon, not quite to cover rouladen and braise for approximately one and a half hours or until very tender.

Remaining liquid is an excellent base for the gravy.