

Treasure Barrel

German Beef Rouladen Recipe – Classic Comfort Food

20 min Prep time	**2 h** Cook time	**2 h 20 min** Total time
4 Servings	**Medium** Difficulty	**German** Cuisine

Ingredients

Main Ingredients

- [ ] 4 thin slices of beef round (about 1/4 inch thick)
- [ ] 2 tbsp German mustard
- [ ] 4 slices turkey ham
- [ ] 4 small dill pickles, halved lengthwise
- [ ] 1 large onion, thinly sliced
- [ ] 2 tbsp vegetable oil
- [ ] 3 cups low-sodium beef broth
- [ ] 2 carrots, cut into chunks
- [ ] 2 celery stalks, cut into chunks
- [ ] 2 bay leaves
- [ ] 6 peppercorns
- [ ] Salt and freshly ground black pepper to taste

For the Sauce

- [ ] 1 tbsp flour (optional, for thickening)
- [ ] 1/4 cup heavy cream (optional, for richness)

Instructions

1. Lay each beef slice on a clean board, spread a thin layer of mustard, then place a slice of turkey ham, two pickle halves, and a few onion ribbons. Roll tightly and tie with kitchen twine.
2. Heat oil in a heavy pot over medium-high heat. Brown each roulade on all sides, then remove and set aside.
3. Add carrots, celery, and remaining onions to the pot; sauté until lightly caramelized, about 5 minutes.
4. Return the roulades to the pot, pour in beef broth, add bay leaves and peppercorns, then bring to a gentle boil. Reduce heat, cover, and simmer for 1½-2 hours until the meat is fork-tender.
5. If you desire a thicker sauce, whisk flour with a little cold water and stir into the broth; simmer for 10 minutes. Finish with cream if using, and season with salt and pepper.

Nutrition per serving

420 kcal	35 g	12 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Allow the broth to reduce slightly before serving for concentrated flavor.
- Tie the rolls securely; loose twists can fall apart during braising.
- Feel free to add a splash of red wine for depth, but keep it modest.