

Thuringian dumplings with beef roulades

Ingredients roulade

4 beef roulades
100 g smoked bacon
100 g onions
2 pickles
100 g carrots
100 g celery
300 ml beef broth
150 ml red wine
100 g sour cream
1 teaspoon tomato paste
2 tbsp clarified butter
Pepper from the grinder
Salt
Mustard

Tools

Roulade needles
Saucepan roulade
Knife
Boards
Meat tenderizer
Hand blender



3 hours



4 persons



difficult

Preparation

For the roulade filling, quarter the cucumbers, chop the smoked bacon and onions.

Flatten the beef roulades a little and season with salt and pepper on both sides and brush with mustard on one side. Chopped onions, cucumber and bacon on the wider side of the roulade and fold the protruding sides over it. Roll up the roulade tightly until the end.

Insert the roulade needles into the roulade to stabilize it. Chop the carrots, celery and onions and set aside. In a saucepan, fry the beef roulades on all sides in clarified butter. Then fry the vegetables and round off with tomato paste. Deglaze everything with red wine and some broth and simmer.

Turn the heat down and let the roulades simmer for 1 to 2 hours with the lid closed. Towards the end of the cooking time, check that the roulades are soft.

Tip: The dumplings and red cabbage can be prepared during the cooking process.

When the roulades are tender enough, put them out of the sauce on a plate and keep them warm. Remove the needles. Use a hand blender to turn the sauce into a homogeneous liquid, season to taste and fill up with sour cream. Put the beef roulade back into the sauce and then serve.

Ingredients Thuringian dumplings

2 kg of raw peeled potatoes
2 rolls
50 g butter
1 bit of salt

Add-on

parsley

Werkzeuge

Potato peeler
Potato grater
Potato masher
Dumpling bag
Bowl
Whisk
Cooking pot
Dumpling ladle

Preparation

Divide the buns into small cubes and melt the butter in a pan. Fry the bread cubes in the butter until golden brown. Then set aside.

Rub 2/3 of the potatoes in lukewarm water, then press them completely dry in a potato press or dumpling sack. Let the liquid run into a bowl.
- This allows the potato starch to settle on the bottom.

Let the remaining potatoes (1/3) boil until soft with cold water and salt. Then use a potato masher to mash the potatoes with the boiling water. Bring the finished porridge to a boil.

Then take the grated potatoes out of the press and mix them with the settled potato starch and a little salt by hand in a bowl. Pour the mixture in three sections with the bubbly, simmering mash and mix everything with a whisk so that a smooth batter develops.

Get your hands wet and form dumplings from the dough and add the toasted buns. Then put the dumplings in boiling water, but turn the stove down a little and let the dumplings soak in hot water for 10 minutes (do not boil).

Then round off the dumplings with parsley, arrange the roulade and, if desired, serve with red cabbage.

Ingredients red cabbage

1 head of red cabbage
1 apple
30 grams of flour
40 g butter
1 pinch of ground cloves
Salt pepper
Sugar

Add-on

1 dash of lemon

Werkzeuge

Wooden spoon
Cooking pot
Boards
Knife
Citrus press

Preparation

Chop the red cabbage and apple, add some water and add a little salt, pepper, sugar and clove. Let the whole thing boil until soft. For a roux, melt the butter in a second saucepan over low heat.

Then put the flour in the pan and mix everything well with a whisk. Then add the red cabbage and bring to the boil again. Finally, round off the red cabbage with a squeeze of lemon.

Tip: Prepare the red cabbage the day before. It tastes even better after the second boil.

