

Main course for 4  
Preparation time: approx. 35 min.  
Braising time: approx. 50 min.  
Energy per serving: approx. 1,001 kJ/239 kcal



## TIPSY BEEF ROULADES

6	slices of ham
2	small gherkins
1	large carrot
1	bunch of parsley
12	thin beef steaks (e.g. flank, 40 g pieces, pounded by the butcher)
¾ tsp	salt
A little	freshly ground pepper
	Clarified butter for frying
1 dl	meat stock
½ dl	Appenzeller Alpenbitter
1 tbsp	brown Maizena express (sauce thickener)
	Salt and pepper to taste



### Preparation

Cut ham slices in half crosswise, slice gherkins in two lengthwise, chop carrots into approx. 1 cm sticks and finely chop parsley. Season steaks, cover with ham, place gherkins and carrots on top, sprinkle with parsley. Roll up steak tightly and fix with toothpick.

Heat clarified butter in roasting pan. Brown each beef roulade on all sides for approx. 4 min. and remove. Pour stock and Appenzeller Alpenbitter into the pan, bring to the boil and reduce heat.

Return meat to pan, cover and simmer on a low heat for approx. 50 min., turning from time to time. Remove roulades and keep warm. Bring liquid to the boil, add Maizena (sauce thickener) while stirring, simmer for approx. 1 min., season. Serve beef roulades with a tangy sauce and mashed potatoes.