



Yes you read that right, we had a bit of a trip to Germany the other evening. Well in the culinary fashion, at least?..

Rouladen Ingredients:-

2 Beef Steaks, halves
8 Rashers of Streaky Bacon
4 Pickled Gherkins, sliced down the middle
2 Medium Onions, Sliced
1 Large Carrot, sliced
1 Stick of Celery, sliced
3 Cloves of Garlic, minced
2 Tbsp of Dijon Mustard
200ml of Red Wine
250ml of Beef Stock
1 Tsp of Mixed Herbs
100ml of Lactose free Milk
2 Tbsp of ground Cashew Nuts
Salt & Pepper to season
Oil to fry

Method:-

- (1) Hammer the steak out with a meat hammer until it is about 5mm thick.
- (2) Spread the Mustard over the meat.

- (3) Lay 2 Rashers of Bacon on each Steak.
- (4) Add the Gherkins and half of the Onions to each steak.
- (5) Season with Salt & Pepper.
- (6) Roll each Steak tightly and secure with String or kebab sticks.
- (7) Heat Oil in a large pan over a high heat and brown the outside of the Steak on all sides.
- (8) Remove and set aside.
- (9) In the same pan add the Celery, remaining Onion, Carrot and fry on a medium heat to soften.
- (10) Add the Garlic, Herbs, Black Pepper, Wine and Stock.
- (11) Allow to simmer for a few minutes.
- (12) Return the Roulades to the sauce, cover and cook for about an hour over a low heat.
- (13) Turn once gently about half was through.
- (14) Remove the Roulades and cover to keep warm.
- (15) Strain the Sauce and return the liquid to the pan.
- (16) Add the Milk and Cashew nuts and allow to simmer to thicken.
- (17) Pour the Sauce over the Roulades when you are read to serve.

Kartoffelklöße Ingredients:-

650g of Potatoes, peeled and cubed
100g Lactose free Margarine
270g of Bread, cubed (Gluten free home made bread for us)
A Pinch of Ground Nutmeg
A Pinch of Cayenne Pepper
135g of Plain Flour (Gluten free for us)
1 Tbsp of the Green parts of Spring Onions to garnish
2 Eggs
Salt & Pepper to season

Method:-

- (1) In a large pan boil the Potatoes in Salted Water for 15 to 20 minutes until tender.
- (2) Drain and set aside.
- (3) Melt the Margarine in a frying pan and fry the cubed Break until golden brown.

- (4) Remove and set aside.
- (5) Mash the Potatoes and Season with Salt, Pepper, Nutmeg and Cayenne.
- (6) Add the Eggs and mash until combined.
- (7) Add the Flour and mix thoroughly.
- (8) Bring a pan of Salted water to the simmer.
- (9) Form ball with the Potato mix in your hands and make an indentation into the middle.
- (10) Press 2 or 3 Croutons into middle of each Potato ball and close so they are encased.
- (11) Lower each Dumpling into the simmering water and cook until they float.
- (12) Cover and simmer for a further 10 minutes, flipping them over so they cook evenly.
- (13) Crumb the remaining Croutons.
- (14) Heat the remaining Margarine in a pan and use to garnish with the crumbled croutons and Spring Onions.

We really enjoyed this with mixed greens. But I bought Rump Steak because it was on offer. It would have been much better with Flank or Skirt which have a longer grain structure and more fat content.