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.