

Dan Ralston's Kitchen

Beef and Red Pepper Rouladen

Serves 6

6 thin top round steaks [about 6 inches in diameter]
2 sweet red peppers thinly sliced
1 onion coarsely chopped
12 mushrooms [approx.] thinly sliced
2 cups dry red wine [Pinot Noir or Cabernet Sauvignon] approx.
1 cup beef stock [or canned beef broth] approx.
3 tbs. tomato paste
1 sprig fresh thyme [or 1/2 tsp. dried]
1 bay leaf
1 tbs. brown sugar
Salt and pepper to taste
Flour for dredging
3 tbs. olive oil
3 tbs. butter

Between two sheets of wax paper, pound the steaks until about 1/4 inch thick. Place a mixture of red pepper, onion, and mushrooms in the middle of each steak. Wrap the steak around the filling, tucking in any stray pieces to form bundles. Tie the bundles with butcher string and roll each in flour. Melt the butter in the olive oil over medium high heat, add the bundles and brown evenly all over. Remove the bundles as they are browned. When complete add the wine and deglaze the pan by scraping up the brown pieces stuck to the pan. Reduce heat, add the beef bundles, beef stock, thyme, bay leaf, brown sugar, tomato paste, and salt and pepper. There should be enough liquid around the bundles so that only the top third of each is not covered. Cover and simmer over very low heat for approx. 2 hrs. Turning occasionally. Remove the roulade and cut away the butchers string. Keep warm in a low oven. Turn heat to high and reduce the braising

liquid by 1/2 or until it is a thick sauce, stirring often. Spoon the sauce over each. Serve with wild rice or small pasta such as rotini.

Note: I usually have excess peppers, onions, and mushrooms. If you do, I suggest you toss them into the braising liquid for an even richer sauce.

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