



The Birkett Mills Recipes

The Birkett Mills © 2014

P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

Entrees: Traditional Beef Rouladen

Serves: 6

Ingredients

½ cup chopped onion	2 lb. thin-sliced round steak
¼ cup diced celery	Salt and freshly ground pepper
½ cup chopped mushrooms	1 egg
1 clove garlic, minced	Flour
2 Tbsp. margarine or butter	¼ cup vegetable oil
3 cups cooked kasha	1 cup dry red wine
	¼ cup sour cream or non-dairy sour cream

Directions

Sauté onions, celery, and mushrooms in margarine or butter until onions are soft. Prepare kasha according to package directions using beef broth. Add to sautéed vegetables and cool. Use flat mallet to pound meat until ¼ inch thick. Cut into pieces 3 x 6 inches and season with salt and pepper. Slightly beat egg and add to cooled kasha mixture. Spoon mixture on 6-inch edge of beef pieces. Fold in sides and roll up. Secure rolls with string or metal skewers. Dredge rolls in flour, then brown in oil; remove. Stir 2 tablespoons of flour into pan juices, add wine and beef broth. Return meat to pan and simmer, covered until tender (about 1 hour). Combine pan juices with sour cream and use as sauce over beef.



The Birkett Mills Recipes

The Birkett Mills © 2014

P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

