

Polish Beef Roulade (Zrazy)

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Servings: 4

8 sandwich steaks, trimmed and pounded 1/8 inch thick
1 tablespoon grainy mustard, more or less, as needed
2 dill pickles, cut into thin strips
4 ounces ham, cut into thin strips
2 green onions (white & light green parts), cut into thin strips
4 tablespoons canola oil
2 tablespoons all-purpose flour
1 cup beef stock
4 tablespoons white wine
1 tablespoon tomato paste
1 teaspoon salt (or to taste)
1/2 teaspoon pepper (or to taste)
sour cream (for garnish)
chopped parsley (for garnish)

Preparation Time: 30 minutes

Cook Time: 1 hour

Spread a thin layer of mustard on each steak. Divide the pickles, ham and onion among the steaks. Fold in the sides of the steak and roll like a stuffed cabbage. Secure with a toothpick, if necessary.

In a large Dutch oven, heat oil. Brown the beef rolls on all sides. Remove the meat and reserve.

Add flour to the pan and cook until light brown to make a roux. Stir in the stock, wine, tomato paste, salt and pepper. Bring to a boil and simmer for 1 minute.

Return the beef rolls to the pan and spoon over some of the sauce. Cover and cook on low for 45 minutes to one hour, adding more liquid as necessary during cooking.

When the rolls are cooked, transfer to a serving dish and remove the toothpicks, if used, and ladle over the sauce. Dollop with sour cream and chopped parsley.

Serve with rice, mashed potatoes, finger dumplings or drop potato dumplings.

Per Serving (excluding unknown items): 214 Calories; 17g Fat (75.0% calories from fat); 6g Protein; 7g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 1405mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 3 Fat.