DUTCH

# Dutch Beef Rolls (Blinde Vinken)

| COMPLEXITY | SERVES | PREP | COOK | TECHNIQUE | CUT |
|---|---|---|---|---|---|
| **Involved** | **4** | **30 min** | **1 hr 15 min** | **Braise** | **Outside round** |

## Ingredients

- 4 thin slices outside round, about 125 g (4 oz) each
- 250 g (½ lb) ground beef (or half beef, half pork)
- 1 slice white bread, soaked in 2 tbsp milk
- 1 small egg
- ¼ tsp ground nutmeg
- 1 tsp salt, divided
- ½ tsp black pepper, divided
- 4 thin slices bacon (optional)
- 50 g (3½ tbsp) butter
- 1 onion, chopped
- 375 ml (1½ cups) beef stock
- 1 bay leaf
- 1 tsp cornstarch mixed with 1 tbsp water
- Kitchen string or toothpicks

## Steps

1. Place each beef slice between sheets of plastic wrap and pound it to about 5 mm (¼ in) thick with a rolling pin.
2. Mix the ground beef, squeezed bread, egg, nutmeg and half the salt and pepper.
3. Season the slices with the rest of the salt and pepper. Lay a bacon slice on each, then a sausage-shaped quarter of the filling.
4. Roll up tightly from a short end and tie with string in two places.
5. Melt the butter in a deep skillet over medium heat until golden. Brown the rolls on all sides for 8 minutes. Add the onion for the last 3 minutes.
6. Pour in the stock and add the bay leaf. Cover and braise on low heat for 1 hour, turning once, until a fork slides easily into the beef.
7. Lift out the rolls and snip off the strings. Stir the cornstarch into the juices and simmer for 1 minute, until glossy.
8. Serve the rolls with the gravy, mashed potatoes and red cabbage or green beans.

## Notes

- **The name:** "blind finches" because the rolls look like small birds without heads.
- **Ask the butcher:** they'll slice and tenderise "rouladen" or "beef olive" slices for you.
- **Make ahead:** roll them a day ahead and keep chilled.
- **Freezer:** cooked rolls freeze in their gravy for 3 months. Thaw overnight in the fridge and reheat until steaming hot.
- **Chef's touch:** whisk a knob of cold butter into the gravy off the heat for a glossy, silky finish.