

BEEF ROULADE

with mashed potatoes, carrots
and pepper sauce

Preparation for 10 portions

Beef roulade:

Blend the beef and beef fond to a very fine puree, stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. Pour the hot mass into a casserole dish lined with cling film (no higher than 2-3 mm).

Gherkin filling:

Blend the gherkins and the gherkin brine to a very fine puree, stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute.

Spread the gherkin mass onto the roulade mass, leave both to cool down and roll up with the help of the cling film. Wrap the finished roulade again in aluminium foil and twist the ends. The roulade can then be sliced into portions as required.

Carrots:

Blend the carrots, butter, shallots and vegetable stock to a very fine puree. Season to taste with salt and sugar. Stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. Spoon the hot mass into the "Carrots" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Mashed potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes. Add the GELEAhot and bring to the boil once while stirring continuously. Use 2 spoons to form the mass into dumplings, place on a baking tray then refrigerate for approx. 30 minutes at +6°C.

Pepper sauce:

Make the pepper sauce according to the instructions.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the sauce over the beef roulade.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients

500 g
300 g
35 g

Beef roulade

Braised beef
Beef fond (liquid)
GELEAhot

Ingredients

100 g
150 g
13 g

Gherkin filling

Gherkins
Gherkin brine
GELEAhot

Ingredients

500 g
500 g
25 g
40 g
25g

Carrots

Carrots (frozen)
Vegetable stock
Butter
GELEAhot
Shallots
Salt, sugar

Ingredients

600 g
250 ml
150 ml
40 g

Mashed potatoes

Boiled potatoes
Milk (cold)
Melted butter
GELEAhot
Salt, nutmeg

Nutrition facts per 100 g

Energy/ Calories	445 kJ/ 106 kcal
Fat Of which saturates	7,7 g 17,1 g
Carbohydrates Of which sugars	8,0 g 4,0 g
Fibre	2,9 g
Protein	4,1 g
Salt	0,3 g

