



There is a tale here. These very inexpensive Steaks have been - well you know? Not very predicable, in the past. So we smashed the living day lights out of them??. (At 2 for £2.49 ? you cant really complain, now can you?)

Ingredients:-

2 Rump Steak, sliced horizontally. Smash the living day light out of it
4 Rashers on Smoked Bacon
2 Dill pickles (Gherkins), sliced lengthways
1 Onion, sliced
2 Tsp of Mustard
Salt & Pepper to season

Ingredients for the Sauce:-

500ml of Beef Stock
2 Bay Leaves
6 Peppercorns
4 Whole Allspice
3 Tbsp of Cornflour
70ml of Water
6 Dried Mushrooms
Oil to fry
Salt & Pepper

Dressing Ingredients for the Sides:-

150g of Red Cabbage, shredded

150g Sauerkraut

1 Beetroot, sliced

2 Tbsp of White Wine Vinegar

Fresh Ground Black Pepper

Oil to fry

Method:-

- (1) Slice the Steaks in half lengthways.
- (2) Pound them out until about ½ Inch thick (2.5cm).
- (3) Season on both sides with Salt & Pepper.
- (4) Place the mustard then a Rasher of Bacon and the sliced Pickle on the top.
- (5) Add a sprinkling of Sliced Onion.
- (6) Roll and secure with a couple of tooth picks.
- (7) In a large frying pan heat the Oil and cook the rolled Steaks until golden brown on all sides.
- (8) Remove and set aside.
- (9) Add the remaining Sliced Onions and cook until softened.
- (10) Add the Stock, Mushrooms, Bay Leaves, Peppercorns and Allspice.
- (11) Simmer for 10 minutes.
- (12) Replace the Steak Roll into the pan, cover and simmer for 45 minutes.
- (13) Remove the Steak Rolls and bin the Bay Leaves.
- (14) Blend the sauce with a hand blender.
- (15) Mix in the Cornflour with the water to thicken the sauce.
- (16) Bring to the boil and then reduce to a simmer while stirring.
- (17) In a frying pan add Oil, and heat.
- (18) Add the Red Cabbage, Sauerkraut, Beetroot, Vinegar and season with Salt & Pepper.
- (19) Saute until everything is softened.
- (20) Arrange on your plates with the Steak Rolls over the Sauerkraut mix, surrounded by

the Sauce.

If there was a colourful Sunday dinner gig in Poland we'd be happy to have this one. Actually the Beef was rather good this time. But at £2.49 for 2 you can expect - the unexpected! The combination of flavours was a bit like a Burger, turned inside-out. Maybe?..