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Preparation time: 45 minutes
Cooking time: 37 hours



Ingredients

For 4 servings

For the Filling (sous vide):

100 g bush beans cut into 5 cm wide pieces
Salt
1 twig savory
100 g carrots cut into 5 cm long sticks
1 pinch of sugar
8 small tsp. Dijon mustard
16 thin slices of smoked bacon

For the roulades (sous vide):

8 beef roulades 160-180 g each
Salt, fresh milled pepper
Kitchen string
6 tblsp. vegetable oil for frying
3 tblsp. tomato paste
400 ml red wine
400 ml beef or veal stock
Starch to thicken the sauce

Spices:

1 clove
2 allspice seeds
8 pepper corns
1 bay leaf

Preparation

First blanch the beans in salt water and quench them in ice water. Put them into a cook-proof plastic bag and season with salt and savory.

Put the carrot stick into a bag also and season with a pinch of salt and sugar. Vacuum both vegetable bags at 100 %. Cook the carrots and beans in a **fusionchef** at 80 °C water temperature for 30 minutes. Quench in ice water.

When the vegetables are ready, you can fill the roulades. Roll the beef out and pat it dry. Spread thinly with mustard. Put 2 slices of bacon on each roulade. Remove the vegetables from the bag and spread on the roulades. Fold the edges inward and roll up the roulades. Shape and tie with butcher's string. Season with salt and pepper, heat the oil in a roaster and sear on all sides. Remove from the roaster and let them cool in the refrigerator. In the meantime time roast the tomato puree and deglaze with a bit of red wine. Repeat this process several times. Then add the veal stock, finely ground the spices in a mortar and add them to the stock. Let the stock reduce by half, cool and vacuum together with the roulades in equal portions. Vacuum the roulades at 100 %. Cook in the **fusionchef** sous vide water bath at 67 °C for approximately 37 hours. Cool in ice water and refrigerate.