



## Čalamáda beef roulades

amount ingredients

*for the beef roulades:*

- 3 pieces** beef schnitzel
- 6 discs** prosciutto
- 3 TL** russian mustard
- 1 piece** onion
- 1/4 piece** small zucchini
- 1 glas** Čalamáda
- 3 pieces** small skewer

*for the sauce*

- 2 pieces** carrots
- 1/4 piece** celery
- 1 EL** tomato paste
- ca. 250 ml** red wine
- 3 EL** olive oil/chili oil
- the rest of onion rings**
- ca. 3/4 liter** beef stock
- 1 pinch** salt
- 1 pinch** pepper

*or the polenta:*

- ca. 8 EL** polenta
- ca. 250 ml** beef stock



## Preparation:

1

First, you knock the three cattle schnitzel slightly wide.  
If you do not have a meat beater, you can use the back of a small saucepan just like my husband does.

2

Season the meat well with salt and pepper and smear one side with mustard.  
The sharper the mustard, the spicier the end result.

3

Cover each side of the mustard with 2 slices of prosciutto and put the schnitzel aside.  
Cut the zucchini into small, approximately schnitzel-wide strips.  
Dice the carrots and celery.

4

Halve the onion and cut into thin half rings.  
Loosen the rings so they are all single and do not stick together.  
Put these in a pot and sweat the rings with a little oil.  
Spice it with salt and pepper.  
Only when they are glassy, put the pot aside.

5

You divide some of the onion rings on one side of the prosciutto-covered beef schnitzel.  
In addition, you add a few raw zucchini strips.  
Spread a tablespoon of Čalamáda well with the zucchini strips.  
Roll in the schnitzel, keeping in mind that the filling stays inside.  
With a toothpick or with a wooden skewer you can fix the roulades.  
Do it with all 3 schnitzel.

6

Take a pot that is also suitable for the oven.  
My husband used our email coated cast iron [Pyrex](#) pot.  
Add a little olive oil and roast the roulades sharp and short. Take these out and put them aside.  
Now fry the carrots and celery hot.  
In addition, you can still give the remaining onion rings in.

7

Add 1 tablespoon of tomato paste and mix everything together. Do not panic, even if it seems that this is burning.  
The set in the pot, which quickly becomes slightly brownish, is the Pure Aroma for our sauce. As soon as the soil



is partially covered with the roasting substances, the whole thing is extinguished with a dash of red wine. We also used a Slovak wine namely [Frankovka Modra von Slovenske vinice](#) - I can only recommend this light touch of vanilla makes it special.

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8

With constant stirring, you wait again until the wine is overcooked and again form roasting substances on the ground. Dissolve these again with a dash of the wine and by stirring from the bottom and repeat this step 3 times.

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9

Put the rest of the wine in the pot and let the vegetables simmer for a while.  
Place the roulades on the vegetables and cover them 2/3 with beef stock.  
Put the lid on it and place it in the oven for an hour, which you preheated to 120 degrees.  
After this hour, remove the pot, turn over the roulades and place it in the oven for another hour.

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In the meantime, you can heat 250 ml beef stock and when it is hot, pour the polenta, stirring constantly. Over time, this absorbs the fund. Just so much that at the end the polenta has a creamy texture.

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Take the pot out of the tube and use a sieve to fish the vegetables out of the sauce.  
Put this in a small container and puree it.  
If it is too thick, add one or two tablespoons of sauce.

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If your sauce is too thin in the pot, you can take out the roulades and make the sauce thicker with a little flour or sauce binder. But is not necessary normally, since the 2 hours of stewing, some liquid is lost - the sauce is reduced.

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13

Add some cream polenta to your plate, a roulade and cut one of the three roulades in half.  
Arrange these on the plates, making sure that the sauce is not tipped over the polenta.  
One spoonful of our pureed vegetables, one tablespoon of Čalamáda on the pureed vegetables and this dish is ready to eat.



## Lucina's Tipps:



Make sure that you close the cattle birds well with the spits, so they do not disintegrate in the pot!

The more you repeat the roasting process of the vegetables, the spicier the sauce becomes.



*I wish good luck and*

*buon appetit!!*

*your Lucina Cucina*