

HUSSARIAN CAVALRY ROAST

(An old Polish military horsemen's recipe)

Ingredients

Beef:

1kg beef eye round
½ lemon

Stuffing:

50g butter
3 medium onions
30g bread crumbs
Salt and pepper to taste

Sauce:

20 grams flour and 1 onion

Form the roast beef compactly, lightly pound with a tenderizer, rub down with lemon juice, and then let it rest in a cool place for 1 hour. After an hour, sprinkle flour on all sides of the roast and fry in butter (50g) until browned on all sides. Place the meat in a roasting pan, pour in a little boiling water and simmer under a cover. Roast for 45 minutes at 350F, turning from time to time and continuously basting so that it does not burn. When the meat is nearly soft, remove from heat and lay out to rest. Once it cools down a little, cut slices thinly. Now it's time for stuffing: Finely chop 3 onions and simmer in butter (30-40g), but do not allow them to brown. Add in grated bread, salt and pepper to the stewed onion, cool the stuffing and then add raw egg yolk. Mix thoroughly. Stuff every other cut in the meat with the mixed stuffing and reshape the roast to its original form smoothing and lightly compressing excess stuffing, so that the incisions are not left with any sharp edges. To the sauce that was formed in a roasting pan, add 20 grams of flour and cut in thin slices of onion. When the onion has softened, pour ½ cup of boiling water and place the roast back into this pan. Place back in the oven to bake, covered for about 35-40 minutes. Serve roasts entirely on the pan: 2 slices combined with stuffing are portions per person. Serve with potato puree and sweet cabbage stewed with apples, as served by our grandmothers and great-grandmothers!

