Easter Menu

Beef Rouladen

TheAllergenFreeKitchen.com

Dairy Free Asparagus Soup

Gluten Free Beef Rouladen

Braised Red Cabbage

Bratkartofflen Potatoes

Mashed Roasted Acorn Squash

Strawberry Pie

Produce

- Acorn Squash (1)
- Apple, large (1)
- Asparagus Ends, saved (9 lb)
- Asparagus Tips, for garnish (12)
- Carrots (2)
- Celery, ribs (2)
- Cabbage, red/purple (2 ½ lb)
- Garlic (5 Cloves)
- Onion, yellow (5)
- Potatoes, Idahoan or Russet (4)
- Potatoes, new/yellow (3 lb)
- Strawberries (2 lbs)

Pantry

- Beef Stock (32 fl oz)
- Coconut Cream (14 oz can)
- Cornstarch, gluten free (3 Tbsps)
- Dill Pickles (3)
- German Mustard (2 ½ tsps)
- Gluten Free Flour (¾ cup)
- Lard, pork (5 Tbsps)
- Neutral Oil (3 Tbsp)
- Olive oil (1 Tbsp)
- Red Currant Jam (¼ cup)
- Sugar (1 Tbsp +1 cup)
- Vinegar, white (2 Tbsps)
- Vegetable Stock, soy free (8 cups)

Refrigerator & Freezer

- Dairy Free Butter (4 Tbsps)
- Oat Milk, gluten free or dairy free milk (⅓ cup)

Protein

- Bacon (10 pieces)
- Rouladen Beef (10 pieces)

Herbs & Spices

- Bay Leaves, dried (2)
- Ground Coriander, dried (¼ tsp)
- Smoked Paprika, dried (1 tsp)
- Thyme, dried (½ tsp)

Staples

- Butcher's Twine or Toothpicks
- Salt and Pepper

Always read the ingredients to make sure the product and foods you use are free from the top 9 food allergens and your allergy foods. Contact all manufacturers to verify cross contact, as well as shared lines and facilities.

All Recipes are written as free from Wheat, Egg, Dairy/Milk, Soy, Peanut, Tree Nut, Fish, Shellfish and Sesame but will depend on the ingredients and products used to make the recipe.