

Recipe of the Week

Roulade – Past Mistress Pattenmaker Eileen Eskenzi



This recipe is my all time 'standby,' in view of it's versatility. TRUST ME a Roulade is simple to make. I have produced them for our daughters' engagement buffet parties, served them hot or cold; as an hors d'oeuvre or as a main dish at dinner parties for Past Lord Mayors, Past Master Pattenmaker's - even 'Learned Clerk's' past and present!

Instead of spinach you can grate 75g/3oz beetroot thereby serving one speckled red and one green speckled Roulade at a Buffet and leave another 'au naturelle'. Enjoy the myriad of flavoursome fillings YOU can devise with accompanying sauces. A Roulade is visually attractive when sliced and decorated with radishes and cress. Great for picnics and loved by vegetarians!

HOT SPINACH ROULADE with QUICK TOMATO SAUCE. (Serves 6-8)

Equipment:- Swiss Roll tin (33x23cm - 13x9") lined with oiled baking parchment

Bake:- Oven temperature:- 200C/400F/Gas Mark 6

Roulade Ingredients:- 100/4oz frozen spinach when thawed and drained totally of ALL liquid
25/1oz/2tbsp butter 25g/1oz/2tbsp plain flour 200g/7fl oz/3/4cup milk
6 large eggs separated
1/2 tsp freshly grated nutmeg
Salt and pepper

FISH FILLING INGREDIENTS:-

100/4oz skinless smoked haddock or cod 175g/6oz skinless haddock or cod 175/6oz defrosted or fresh prawns 175g/6oz Cream Cheese (Full fat) or Ricotta
6-8 Spring onions finely sliced - entire stalk 2Tbs Chives finely chopped 3Tbs Parsley finely chopped
2Tbs Capers quartered (optional) 100/4oz Sun-dried tomatoes in olive oil finely chopped
(**Optional:-** 2-3 slivers of anchovies in olive oil, finely sliced - adds a distinctive flavour) Salt and pepper to taste

To make Roulade:-

- 1) Melt butter in saucepan, add flour stirring for 30 seconds. Gradually add milk until a smooth, thick sauce is achieved. Stir for a couple of minutes, then remove from the heat.
- 2) Stir in the spinach, followed by the egg yolks and seasoning.
- 3) Whisk egg whites till they hold their peaks. Fold a large spoonful of whites into sauce to slacken mixture. Fold in the remaining whites carefully but thoroughly to avoid losing volume. Immediately pour into prepared tin, smooth overall gently especially into corners.

- 4) Place in preheated oven and bake for 15 minutes. Roulade should be firm when touched. Remove from oven and turn out immediately onto a sheet of nonstick baking parchment. Carefully peel off the attached baking paper.
- 5) Gently smooth over the 'Fish Filling' leaving a 2.5cm/1" border all around Roulade. Why? Because the filling will spread as you roll it up. Roll up from the short end, as tightly as possible and return to the oven 'seam side' down for a further 12-15 minutes.

NB:- For later use- Cover surface of the Roulade with yet another sheet of clean nonstick paper and roll up firmly from short end. Leave to cool, store and when ready fill Roulade with filling of choice.*. Keeps well in fridge for a couple of days maximum.

TO MAKE FISH FILLING:-

Cover the fish with boiling water and simmer for 5-7 minutes. Drain liquid and flake fish removing skin and bones. Mix fish with cream cheese and remaining ingredients.

QUICK TOMATO SAUCE - INGREDIENTS:-

2tbs olive oil

400g/14oz can chopped tomatoes preferably in tomato sauce

2 tbsp tomato paste.

1-2 garlic cloves crushed

1/2 tsp sugar

1 lemon - finely grated rind and juice

50g/11/2oz sun-dried tomatoes in olive oil, drained and finely chopped 1TBS chopped fresh basil (optional, but delicious) Freshly ground black Pepper to taste

To Make Tomato Sauce: -Put all the above ingredients into a saucepan and bring to the boil. Stir, cover with a lid and simmer very gently for 35 minutes. (If you like lots of sauce then double ingredients.)

To Serve above hot SPINACH ROULADE:-

Slice into 6-8 portions accompanied by Tomato Sauce.

***Choice of cold fillings** to serve as 'hors d'oeuvre' or for buffets:

- a) **Prawns & Cream Cheese:-** Mix cream cheese with lots of snipped chives (loosen cheese with a dash of cream or milk for easier spreading) spread over entire Roulade, scatter the cheese with watercress and then a generous layer of prawns. Roll up roulade. SERVE with Marie Rose Sauce.
- b) **Smoked Salmon:** Herbed Philadelphia Cheese (loosened with a dash of cream or milk). Spread gently over Roulade followed by a generous layer of smoked salmon. Roll up roulade. SERVE with 6-8 TBS Mayonnaise mixed with 4 TBS hot horseradish sauce.
- c) **Egg & Onion:-** 8-10 mashed hard boiled eggs, 1 finely chopped red onion, 4 Spring Onions plus green part finely sliced. Blend this with salad cream, salt and pepper. Cover Roulade completely (leaving no gaps) with dried lettuce leaves, then cover with stiff, tasty mixture of 'egg & onion'. Roll up roulade and SERVE with Tartar Sauce.
- d) **Fish Filling** as above but SERVED with Remoulade Sauce. (NOT Tomato Sauce)

Please let me know if you and your guests enjoy any these well tried and tested dishes.

