



Mesclun Roulade

Serves 4

Very simple to make and a recipe that lends itself to a number of variations. Try some of the different flavoured dips on the market as a filling (spicy capsicum is good) but always include the lettuce mix (mesclun) to add colour and crunch. Serve the roulade as a light meal or in small slices as an appetiser.

Ingredients:

2 tablespoons NUTTELEX

3 tablespoons plain flour

1 cup milk

1/2 cup cooked spinach, well drained

1/2 teaspoon nutmeg (freshly grated if possible)

2 tablespoon grated parmesan cheese

freshly ground pepper to taste

3 eggs, separated

Filling

1 cup ricotta cheese

1/4 cup sun dried tomatoes, chopped

3-4 spring onions, finely chopped

1/2 cup mesclun lettuce, washed and drained

Method:

1. Melt NUTTELEX in saucepan, stir in flour.
2. Add milk slowly, stirring continuously, while bringing to the boil.
3. Remove from heat and blend in cooked spinach, nutmeg, parmesan cheese and pepper (Frozen spinach is excellent for this. Simply microwave or gently heat to defrost).
4. Beat in egg yolks.
5. Beat egg whites until stiff and fold the egg yolk mixture in lightly until blended (use a rubber spatula and folding action to retain air in the mix).
6. Pour into a greased and lined swiss roll tin (28cm x 20cm) and bake at 170°C for 20-25 minutes or until golden and mixture springs back when pressed.
7. Place grease proof paper or a clean tea towel on cake rack and sprinkle with extra parmesan cheese, if desired. Turn roulade onto paper or tea towel, remove lining paper and roll up roulade. Leave rolled up to cool.
8. Make filling as follows: mix ricotta cheese, sun dried tomatoes and spring onions. Unroll roulade and spread with filling. Top with mesclun lettuce and roll up. Cut into slices to serve.

Use eggs at room temperature for greater volume when whipping.