

Savoury Cheese Roulade

with courgettes, red pepper, spinach
and sun-dried tomatoes

Serves 8

Ingredients

60g butter
50g plain flour
250ml milk
4 eggs, separated
40g grated parmesan cheese
2 tbs chopped chives

For the filling –

2 courgettes, coarsely chopped
1 red pepper, chopped
150g washed baby spinach leaves
Small jar of Sun-dried tomatoes in olive oil
250g soft herb/garlic cheese, like Boursin

Method

Firstly, start the filling. Spoon 2 tbs oil from tomatoes into a frying pan, fry courgettes and red pepper until soft and slightly browned. Leave to cool in bowl.

Next make the Roulade.

Preheat oven to 180°C. Line 25 x 30 cm swiss roll tin with baking parchment.

In a large pan, melt butter over medium heat until foaming, add flour, stir and cook for 1 min.

Gradually add milk and stir until combined. Continue to cook for several minutes – sauce should be smooth and thick. Remove from heat and add egg yolks one at a time, stirring well with each addition. Season with a little salt and pepper.

In a clean bowl, whisk egg whites to stiff peaks. Add ¼ egg whites to sauce and fold in to “slacken” mixture. Fold in remaining egg whites along with parmesan cheese and chives. Spoon mixture into prepared tin and gently smooth the surface, bake in oven for 15-20 mins until puffed and golden.

Place clean tea towel on work surface, gently turn out roulade onto tea towel and carefully peel off baking parchment. Allow to cool for a few minutes and complete filling.

Add drained sun-dried tomatoes and spinach leaves to courgette and pepper mixture, fold in soft cheese.

Spread filling evenly over roulade. Starting with the long side closest to you, gently roll the roulade so that it resembles a swiss roll. Leave to rest for 5 mins then serve

**Experiment with different fillings such as
smoked salmon and soft cheese,
or small cubes of roasted butternut squash
and goat's cheese.*

*Why not try Charlie's smoked trout pate –
available to buy and order from The Shop, Dunsfold village!*