

ZUCCHINI ROULADE

This vegetable roulade combines zucchini and mushrooms with a fresh tomato sauce to make a light and delicious lunch dish or an excellent dinner party entrée. Quantities provided serve 4 as a lunch dish or 6 as an entrée

Ingredients

- 375 grams (12oz) zucchini
- 1 cup milk
- 1 teaspoon salt
- Salt and pepper
- 125 gram (4oz) butter or margarine
- 1 teaspoon dry mustard
- 4 tablespoons plain flour
- 3 eggs separated plus 1 extra egg white

Step 1

- Wash zucchini and trim ends
- Grate zucchini, sprinkle with salt, leave to stand 30 minutes
- Drain, rinse under cold water, squeeze dry with hands
- Melt half the butter, add zucchini and stir over moderate heat for 2 minutes then remove from heat and cool
- Melt remaining butter in saucepan
- Add flour, stir for 1 minute
- Add milk stir until mixture boils and thickens
- Add salt, pepper and mustard, then mix well
- Add zucchini, then stir in egg yolks one at a time
- Beat egg whites until soft peaks form
- Fold in zucchini mixture

Step 2

Pour mixture into baking paper lined 30 cm. by 25 cm. (12" by 10") Swiss roll tin, then bake in hot oven for 15 minutes or until puffed and golden brown.

Step 3

Remove from oven, turn out onto wire cake rack covered with tea towel. Carefully remove lining paper. Spread filling over with a spatula (Filling - Refer below for ingredients and instructions)

Step 4

Holding the tea towel with both hands gently roll roulade up. Serve cut into thick slices with Tomato Sauce (Tomato Sauce - Refer below for ingredients and instructions)

-: FILLING:-

375 grams (12 oz) mushrooms
1/2 cup cream
60 grams (2 oz) butter or margarine
Salt and pepper
1 tablespoon flour

- Clean mushrooms and remove stalks then slice thinly
- Melt butter in pan and add mushrooms
- Cook over moderate heat for 3 minutes stirring occasionally.
- Add flour and stir 1 minute,
- Add cream, salt and pepper and stir through.

-: TOMATO SAUCE:-

2 tablespoons oil
1 teaspoon basil
1 kg (2 lbs) ripe tomatoes skinned
salt and pepper
2 onions
1/2 teaspoon sugar

- Peel and chop onions.
- Place oil in saucepan
- Add onions then cook stirring occasionally until tender.
- Chop tomatoes roughly and add to saucepan
- add basil, salt pepper and sugar.
- Cook for 15 minutes.
- Remove from heat.

Enjoy.