TALLISTON TIMES FOOD & DRINK SPRING 2014



## Veal Roulade

Strips of veal, French beans and tomato tapenade with bread and garnish

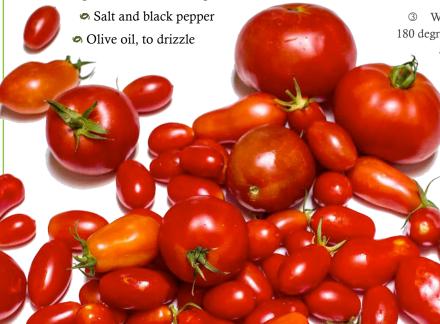


## Ingredients

Starter from our Valentine's dinner

## FOR THE ROULADE

- 4 pieces veal escalope, approximately 150g each
- 100g French beans
- 4-8 slices prosciutto, depending on size
  - 4 tbsp sun-dried tomato tapenade



- Place each piece of veal between two sheets of clingfilm and flatten with a rolling pin until about 2mm thick. Blanch the French beans by dropping them into a pan of boiling water for 2 minutes. Drain and then cool under running cold water.
- ② Place 1-2 prosciutto slices on a new piece of cling film. Lay one of the flattened escalopes on top and spread 1 tablespoon of the tapenade across the veal. Arrange one quarter of the beans neatly on top. Season well. Roll to form a tight, neat cylinder and wrap in the remaining clingfilm. Once rolled, chill the veal wraps in the refrigerator for 30 minutes to firm them up before cooking.
- ③ When you're ready to cook the wraps, preheat the oven to 180 degrease Celsius/ fan 160, gas mark 4. Remove the clingfilm and tie each wrap securely with string, looping it around each wrap 3 or 4 times. Drizzle with olive oil and seal in a hot pan until golden brown on the outside.
  - ④ Transfer to a baking sheet and bake for 8-12 minutes, then remove from the oven and leave to rest for 5 minutes. Slice each roll into discs about 2cm thick to serve.
  - On top of a selection of small herby salad leaves, place a slice of French toast crisp bread or slice of bread drizzled with olive oil and baked in the oven until golden and crispy. Mix some extra sun-dried tomato tapanade with olive oil and spread over the toast, then place slices of roulade on top.