

SPINACH, STILTON AND TOMATO ROULADE

Ingredients - Serves 4

500g spinach, washed, stems removed

2egg yolks

¼ tsp grated nutmeg

30g fresh wholemeal breadcrumbs

½ tsp salt

Freshly ground black pepper

4egg whites

Stilton and tomato filling

175g low-fat soft cheese

45g Stilton cheese, rind removed, mashed

2tbsp finely cut chives

4 tomatoes, skinned, deseeded and chopped

Freshly ground black pepper

Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Line the bottom and sides of a 30 by 20 cm Swiss roll tin with non-stick parchment paper.
3. Cook the spinach in a saucepan of boiling water for 2 to 3 minutes, until it has wilted. Drain the spinach in a colander, refresh it under cold running water, then place it in a piece of muslin and squeeze out all the liquid. Puree the spinach in a food processor.
4. In a mixing bowl, stir together the pureed spinach, the egg yolks, nutmeg, breadcrumbs, salt and some black pepper. Whisk the egg whites until they are fairly stiff. Using a metal tablespoon, fold 1 tablespoon of the whites into the spinach mixture, then carefully fold in the remainder. Spread the roulade mixture evenly in the prepared Swiss roll tin and smooth the surface.
5. Bake the mixture for 10 to 15 minutes, until it is firm to the touch, then remove it from the oven, cover it with a clean tea towel and set it aside to cool.

To make the filling

1. Blend the soft cheese and the mashed Stilton together in a bowl. Mix in the cut chives, chopped tomatoes and some freshly ground black pepper.
2. Turn the baked spinach rectangle out on to a sheet of greaseproof paper and carefully peel off the lining paper.
3. Spread the filling over the surface of the rectangle. Starting from one of the short sides, roll the base and filling into

SUMMER RECIPES FOR RV'ERS

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a cylinder: lift one end of the underlying greaseproof paper to start the roulade off, and nudge it along by gradually lifting the rest of the paper.

4. Serve the roulade cut into slices - suggested accompaniments; hot herbed bread; watercress and apple salad.

TORTELLINI WITH MUSHROOMS AND BACON

This is an excellent supper dish. The tortellini are stuffed with various fillings I think the pork ones go well here. Flat leaved parsley could be substituted for coriander leaves.

Ingredients - Serves 4/6

225g packet of tortellini, dried or fresh

175g streaky bacon rashers, chopped

1 small chopped onion

225g small button mushrooms

3 teaspoons cornflour

150ml milk

300ml single cream

2 teaspoons ground coriander

Salt and pepper

Chopped coriander leaves

Method

1. Saute the bacon gently until the fat runs out.
2. Add onions and cook 5 minutes until soft.
3. Add cornflour, cook 2 minutes, add milk and bring gently to boil.
4. Add mushrooms and cook a further 2 minutes.
5. Add coriander and the cream, warm through, season.
6. Cook tortellini, then fold into sauce.
7. Serve with coriander leaves scattered over.

POTATO SCONES

These plain scones are quick and easy to make and are excellent eaten just buttered or with cheese or jam. They stay fresh longer than ordinary scones.

Ingredients - Serves

9 oz self-raising flour

3 oz butter, softened

½ tsp salt teaspoon salt

6 oz cooked cold mashed potatoes

3 tablespoons milk

Method

1. If necessary, first boil and mash sufficient potatoes and leave to cool.
2. Set oven to 425°F or Gas Mark 7. Flour baking sheets. Sieve the flour and salt together into a bowl and rub in the butter until the mixture resembles breadcrumbs.
3. Mix in the mashed potatoes and stir in the milk a little at a time, sufficient to make a soft dough. Roll out on a floured surface to about ½ inch thickness and cut into about 12 to 15 even-size triangles. Transfer to the baking sheet and bake for about 15 minutes until golden. Transfer to a wire rack to cool. Serve split and well buttered, either warm or cold.

PEACH MELBA BRULEE

Ingredients - Serves 4

225g raspberries

140g Icing sugar

300ml dairy-free yogurt

227g tub dairy-free cream cheese

Zest of 1 lemon

2 peaches, peeled, halved and sliced

50g demerara sugar

Method

1. Whizz half the raspberries in a food processor with 25g of the Icing sugar until smooth. Race the remaining icing sugar, dairy-free yogurt, dairy-free cream cheese and lemon zest in a bowl and beat well together.
2. Preheat the grill to high, Divide the remaining raspberries and the peach slices between four 225ml ramekin dishes. Spoon over the raspberry puree.
3. Top with the yogurt mixture and sprinkle over the demerara sugar Grill until the sugar has caramelised. Cool slightly before serving.

