

Roulades de jambon

Slices of ham, rolled and deep fried

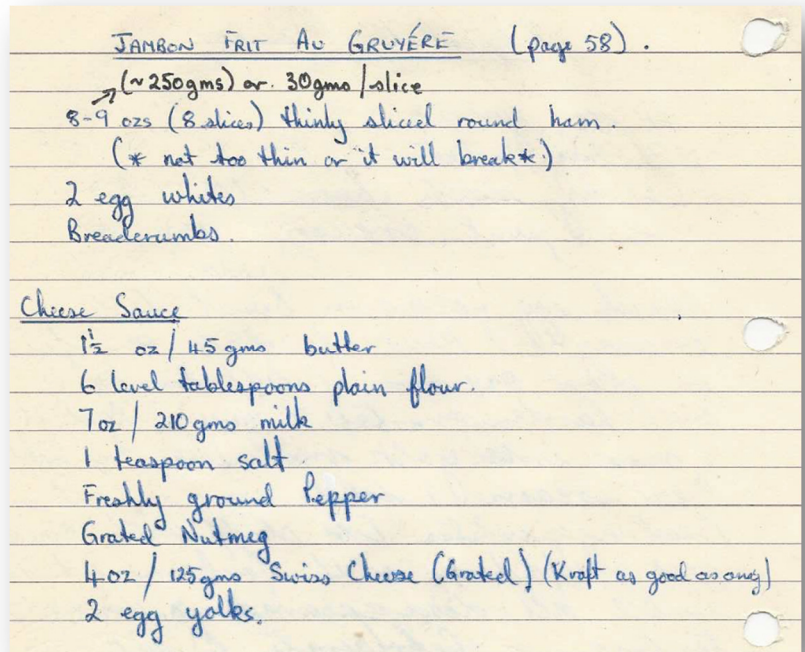
Cheese sauce

- 1 oz (30 g) butter
- 1½ oz (45 g) plain flour
- 6 fl oz (200 ml) milk
- 1 teaspoon salt
- freshly ground pepper
- freshly grated nutmeg to taste
- 4 oz (120 g) Swiss cheese, grated
- 2 egg yolks

Roulades

- 8 very thin slices of cooked ham
- 2 egg whites
- Breadcrumbs
- peanut oil for frying
- fried parsley (see below)

Variation...



Melt the butter add the flour and let it cook for a few minutes. Pour on the milk and stir thoroughly to make a smooth sauce. Season the sauce with salt, pepper and nutmeg and remove from the heat before adding the cheese. Stir until the cheese is completely melted. Separate the eggs and add the yolks to the cheese sauce separately, stirring well after each addition. Reheat the sauce, but do not let it boil. Stir until the yolk has cooked.

Lay the ham slices on a table. Spread each slice with a large tablespoon of the sauce. Allow it to cool before you roll it up like a cigar.

Break up the egg whites with a fork and roll each roulade in it. Coat the roulades with breadcrumbs and put them into the refrigerator. Before frying allow them to reach room temperature. Deep fry in hot peanut oil until golden brown and dry on paper towel. Serve at once with fried parsley.

Fried parsley

Use a small handful of French parsley for each person. Wash and dry thoroughly on paper towels. Heat peanut oil in a deep fryer to 200°C. Protect your hands some gloves and put 2 servings of parsley into the basket then lower into the oil. They will become crisp very quickly (if the parsley is cooked too long it will brown). Remove the parsley and drain it. Take care in handling it as it is very brittle.

Serves 8

[58]