



Recipe from the Lower Buckton Country House Kitchen

A popular dish demonstrating use of ingredients from its garden and farmyard and local producers and suppliers.

Spinach and Cheese Roulade

For the roulade mixture

Six free-range eggs, separated

500g fresh spinach

Sea salt, freshly ground black pepper & grating of whole nutmeg

For the cheese sauce filling

60g Dairyhouse Herefordshire butter

50g Bacheldre Mill flour

150g grated Monkland Dairy's Little Hereford cheese

300mls Herefordshire milk

Sea salt & freshly ground black pepper

Preheat the oven to 200C/400F/Gas6

Line a large Swiss roll or roasting tin (approx 40cm x 28cm) with baking parchment

Method

Steam the spinach for about four minutes and press out any moisture then finely chop on a board or use a food processor.

Whisk the egg whites until stiff.

In a large bowl, beat the spinach into the yolks and season with salt, pepper and grated nutmeg

Stir a spoonful of the egg whites into the spinach to loosen the mixture.

Using a metal spoon, carefully fold-in the rest of the whites in three batches

Spread the mixture into the prepared tin and place in oven. Cook for about ten minutes or so but check after five minutes. You want the top lightly tanned and slightly firm to the touch. Keep an eye on it! When ready, remove from oven and lay a sheet of greaseproof paper on the roulade whilst still in the tin, then cover this with a damp tea-towel. Leave to cool.

For the Cheese Sauce melt the butter in a heavy-based sauce-pan, stir in the flour and cook over a low heat for a couple of minutes. Remove from the heat and slowly stir in the milk a little at a time. Return to the heat between additions, stirring constantly until all has been added. Simmer

very slowly and keep stirring and beating for a couple of minutes. Remove from the heat and add the grated cheese, salt and pepper. Taste for seasoning. The sauce needs to be quite thick, not a pouring sauce.

Remove the damp tea-towel from the roulade, lay the greaseproof paper on a work-surface and turn-out the roulade onto it. Carefully peel off the baking parchment and then spread the cheese sauce over the roulade. Roll-up from the long edge by turning the edge over and then use the paper to help ease it into a roll. Chill until required slice at an angle and place on top of some freshly picked peppery salad leaves and herbs. At Lower Buckton I drizzle it with a little good quality olive oil and serve with crusty home-made soda bread and Herefordshire butter.

Salmon Roulade

Follow the above recipe but omit the cheese from the sauce and add 150g of flaked, cooked organic or wild salmon from the Organic Smokehouse, Shropshire and a pinch of cayenne to taste

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