

Cooking with French roulé / Tesco ... in conjunction with H.T. Webb & Co. Ltd.

Contributors

Tesco (Firm)
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Publication/Creation

[Cheshunt] : Tesco, [1993]

Persistent URL

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TESCO

COOKING WITH

FRENCH
ROULÉ[®]

MARINATED STEAKS WITH ROULÉ[®]

SERVES: 4

INGREDIENTS

4 boneless Lamb Steaks
Coarsley Ground Black Pepper
2 Shallots or small Onions, finely chopped
150ml (1/4pt) Red Wine
1 x 15ml sp (1tbsp) Sunflower Oil
125g (4oz) Roulé[®] Cheese, cut into 4 pieces

METHOD

1. Season the lamb with the ground black pepper. Place in a shallow dish with the shallots. Pour the red wine over the lamb and leave to marinate overnight or for at least 6 hours in the refrigerator.
2. Remove the lamb from the wine. Heat the oil in a frying pan and cook the lamb on each side for 5 minutes until browned. Add the wine and onion marinade and cook for a further 10 minutes, turning the lamb occasionally.
For the final minutes of cooking, top each lamb steak with a piece of Roulé[®] cheese.

PEPPER MIX STARTER

SERVES: 6

Cooking Time: 15 minutes

Cooking Temp: 200°C/400°F/Gas Mark 6

INGREDIENTS

6 thick slices of white bread
1 small Red Pepper, de-seeded and cut in half
1 small Green Pepper, de-seeded and cut in half
1 small Yellow Pepper, de-seeded and cut in half
4 x 15ml sp (4tbsp) Olive Oil
Salt and Ground Black Pepper
125g (4oz) Roulé[®] Cheese

METHOD

1. Cut out 6 x 7.5 cm (3") circles from the bread using a biscuit cutter.
2. Place the peppers cut side down onto a baking tray. Brush with half the olive oil. Cook for 15 minutes until the skin wrinkles and becomes brown.
3. Brush the bread with the remaining oil and place on a baking tray. Cook for 15 minutes until crisp.
4. Peel the skin from the peppers and cut into small strips. Season well and pile on top of the toasts.
5. Cut the Roulé[®] into cubes and use to top the peppers.

All lines subject to availability.
Some lines in larger stores only.



COMPETITION

WIN

12 SUPER 18 SPEED MOUNTAIN BIKES
plus other marvellous prizes.

Competition closes 31st October 1993.



Roule® is a full fat soft cows' milk cheese rolled by hand with garlic and herbs. It is a fresh cheese with a smooth texture that has a delicious mild flavour. Its appearance is also characterised by a distinctive swirl effect.

It is made with a non-animal rennet which makes it suitable for vegetarians.

Eat it as an excellent complement to your cheeseboard or alternatively as a snack or served with salads. The suggested wines that are acceptable to the palate when eating Roule® are Chablis, Sancerre or Anjou Blanc - medium dry.

Roule® Garlic & Herb and Roule® Spiced are sold on Tesco Delicatessen counters whilst Roule® Garlic & Herb, Roule® Light and Mini Roule® with Smoked Salmon & Dill can be found in the continental cheese area of the chilled cabinet.

This leaflet has been produced in conjunction with H T Webb. For further information or more recipe ideas relating to this leaflet please contact H T Webb & Co Ltd, Springfield Orchard, Springfield Road, Enterprise Park, Northfleet, Kent, DA11 8HN.



STIR FRY FISH PARCEL

SERVES: 4

Cooking Time: 35 minutes
Cooking Temp: 190°C/375°F/Gas Mark 5

INGREDIENTS

- 1 x 15ml sp (1 tbsp) Sunflower Oil
- 1 stick Celery, finely chopped
- 75g (3oz) Baby Corn, chopped
- 1 Link or Citron, finely sliced
- 4 Chunky Skinless Cod Fillets
- 125g (4oz) Roule® Cheese, cut into 4

METHOD

1. Heat the oil in a frying pan and lightly stir fry the celery, corn, leeks or onion.
2. Place a piece of cool oil-free individual pieces of greaseproof paper, make sure it is large enough to wrap around the fish.
3. Top each parcel with the vegetable mixture. Wrap the greaseproof paper around to form a loose parcel.
4. Place on a baking tray and cook in the centre of a preheated oven for 35 minutes. Open the parcel before serving an top with a piece of the Roule® cheese.
5. Return to the oven for a further 3 minutes until the cheese just begins to melt.

ROULÉ® MUSHROOMS

SERVES: 2

Cooking Time: 10 minutes
Cooking Temp: 190°C/375°F/Gas Mark 5

INGREDIENTS

- 4 large Open Mushrooms
- 125 (4oz) Roule® Cheese
- 25g (1oz) fresh Breadcrumbs
- 3 rasher lean Rindless Back Bacon, finely chopped
- 3 Spring Onions
- Fresh Basil sprigs

METHOD

1. Remove the stalks from the mushrooms. Finely chop the stalks.
2. Cut the Roule® in half to form 2 semi-circles. Cut one half into very thin pieces. Mix the chopped stalks, chopped cheese, breadcrumb, bacon and spring onions together.
3. Fill the mushrooms with the mixture. Place in an ovenproof dish with 3 x 15ml sp (3tbsp) of water and cover. Cook in the centre of the oven for 45 minutes. Remove the cover for the final 5 minutes of cooking time.
4. Cut the remaining cheese into 4 small triangles, use to top the mushrooms with the basil sprigs before serving.



AVOCADO & ROULÉ® SALAD

SERVES: 4

Cooking Time: 10 minutes
Cooking Temp: 190°C/375°F/Gas Mark 5

INGREDIENTS

- 1 large ripe Avocado, peeled and sliced
- 1 Mini Roule® with Salmon, thinly sliced
- 1/4 Cucumber, thinly sliced
- 8 Cherry Tomatoes, quartered
- 2 x 15ml sp (2 tbsp) Virgin Olive Oil
- 3 x 5ml sp (1 tsp) Lemon Juice
- Salt and Ground Black Pepper
- 25g (1oz) Casew Nut, chopped and toasted

METHOD

1. Arrange the avocado, Mini Roule® and cucumber on a flat serving plate. Top with tomatoes.
2. Whisk together the oil, lemon juice, salt and pepper. Pour over the salad. Sprinkle with the nuts.

STUFFED CHICKEN BREASTS

SERVES: 4

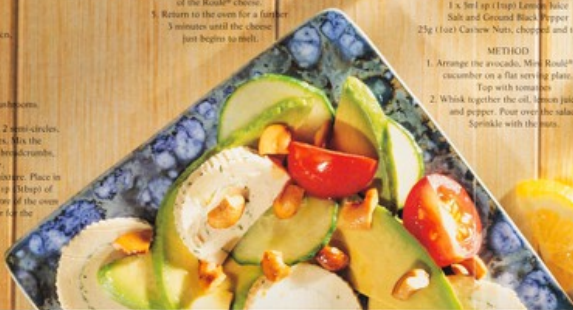
Cooking Time: 40 minutes
Cooking Temp: 190°C/375°F/Gas Mark 5

INGREDIENTS

- 4 large Boneless Skinless Chicken Breasts
- 50g (2oz) Button Mushrooms, finely sliced
- 125g (4oz) finely chopped fresh Spinach
- Salt and Ground Black Pepper
- 125g (4oz) Roule® Cheese with Spices
- Juice of 1 Lemon
- 25g (1oz) finely chopped Walnuts, toasted
- Pinch of Nutmeg

METHOD

1. Using a sharp knife cut a slit into the fleshy part of the chicken breast to form a pocket.
2. Mix the mushrooms and spinach together, season with the salt and pepper. Stuff the pockets with the mixture.
3. Cut the Roule® into small pieces and add to the pockets. Pour over the lemon juice.
4. Cover and cook in the centre of the oven for 35 minutes. Remove the cover and cook for a further 5 minutes. Sprinkle with the walnuts and nutmeg before serving.



'ROULÉ FOR ME' COMPETITION

1st Prizes - 12 SUPER 18 SPEED
MOUNTAIN BIKES

2nd Prizes - 20 ATTRACTIVE
SHELL SUITS

3rd Prizes - 30 MINI BACK-PACKS

4th Prizes - 40 POLO SHIRTS

5th Prizes - 50 T-SHIRTS



Simply answer the three questions about Roulé® Cheese on the entry form and complete the tie breaker.
Send your entry to the address below with two proofs of purchase of Roulé®, either labels from pre-packs or price tickets from purchases made on the Tesco Delicatessen counter.

1. Is Roulé® suitable for vegetarians?

a. Yes b. No

2. Is Roulé® made with ..?

a. Sheeps' milk b. Goats' milk c. Cows' milk

3. Is Roulé® manufactured in ..?

a. Italy b. France c. Austria



COMPETITION RULES

1. This competition is open to all UK residents aged over 18, except anyone connected with the administration of the competition.
2. Proof of posting will not be accepted as proof of delivery.
3. Prizes will be awarded to those entries which have correct answers and the tie breaker completed in the most apt and original way.
4. The judges' decision is final and no correspondence will be entered into.
5. No cash alternative or alternative prizes will be offered in lieu of prizes won.
6. Winners will be notified by 10th December 1993. Winners' names and answers will be available from the promoter:
Roulé for Me Competition, H T Webb & Co Ltd, Springhead Orchard, Springhead Road Enterprise Park, Northfleet, Kent DA11 8HN



ENTRY FORM

Question 1 _____ Question 2 _____ Question 3 _____

Tie breaker: Complete the following in not more than 16 additional words:

" It's Roulé for me, because:

.....

.....

.....

Name:

Address:

Post code:

Send your entry with proof of purchase to:

Roulé for Me Competition, H.T.Webb & Co Ltd, Springhead Orchard,
Springhead Road Enterprise Park, Northfleet, Kent DA11 8HN

Competition closes 31st October 1993.