Smoked Salmon Rolls

The Essential Appetizers Cookbook (1999) Whitecap Books

Yield: 36 rolls

6 eggs
3 teaspoons cornflour
salt (to taste)
pepper (to taste)
4 ounces cream cheese, softened
2 tablespoons pickled ginger, chopped
2 tablespoons fresh chives, chopped
6 1/2 ounces sliced smoked salmon,
chopped
sprig fresh parsley (for garnish)

Preparation Time: 30 minutes Cook Time: 5 minutes

In a bowl, beat one egg with one teaspoon of water and one-half teaspoon of cornflour. Season.

Heat a frying pan and brush it lightly with oil. Add the egg and cook over medium heat, drawing the outside edges of the mixture into the center with a spatula, until the mixture is lightly set. Cool in the pan for 2 minutes, then carefully slide out onto a clean, flat surface with the uncooked side upwards. Set aside to cool. Repeat with the remaining eggs, beaten with water and cornflour to make five more omelettes.

Place each omelette on a sheet of baking paper on a flat surface. Divide the cream cheese among the omelettes, spreading over each. Sprinkle with pickled ginger, chives and salmon. Season with black pepper. Roll each gently but firmly, using the paper to help pull the roll towards you.

Chill, wrapped in plastic wrap for at least three hours.

Using a sharp knife, cut the rolls into 1/2-inch slices, discarding the uneven ends.

Garnish with parsley sprigs.

Serve at room temperature.

Per Serving (excluding unknown items): 842 Calories; 69g Fat (75.0% calories from fat); 46g Protein; 6g Carbohydrate; trace Dietary Fiber; 1396mg Cholesterol; 755mg Sodium. Exchanges: 6 Lean Meat; 0 Vegetable; 9 1/2 Fat.

Appetizers

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Calories (kcal):	842	Vitamin B6 (mg):	.5mg
% Calories from Fat:	75.0%	Vitamin B12 (mcg):	4.4mcg
% Calories from Carbohydrates:	2.7%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	22.3%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	69g	Folacin (mcg):	165mcg
Saturated Fat (g):	34g	Niacin (mg):	trace
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0 0.0%
Cholesterol (mg):	1396mg		
Carbohydrate (g):	6g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	46g	Lean Meat:	6
Sodium (mg):	755mg	Vegetable:	0
Potassium (mg):	555mg	Fruit:	0
Calcium (mg):	252mg	Non-Fat Milk:	0
Iron (mg):	7mg	Fat:	9 1/2
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	3343IU		
Vitamin A (r.e.):	933 1/2RE		

Nutrition Facts

Amount Per Serving			
Calories 842	Calories from Fat: 631		
	% Daily Values*		
Total Fat 69g	107%		
Saturated Fat 34g	171%		
Cholesterol 1396mg	465%		
Sodium 755mg	31%		
Total Carbohydrates 6g	2%		
Dietary Fiber trace	1%		
Protein 46g			
Vitamin A	67%		
Vitamin C	6%		
Calcium	25%		
Iron	39%		

^{*} Percent Daily Values are based on a 2000 calorie diet.