

Ham Rolls with Cheese Sauce

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

Yield: 8 ham rolls

*3 cups flour
4 tablespoons baking powder
1/2 teaspoon salt
3/4 cup milk
4 tablespoons shortening
1 cup ground ham
2 tablespoons butter, softened
1 tablespoon prepared mustard
CHEESE SAUCE
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
2 cups milk
1/2 cup grated cheese*

Preheat the oven to 475 degrees.

In a bowl, add the butter and mustard to the ground ham. Mix well.

In a bowl, stir together the flour, baking powder and salt. Add the shortening. Mix well. Add the milk to make the dough soft.

Toss the dough lightly on a floured board until the outside looks smooth. Roll out the dough until 1/4-inch thick.

Spread with the ham mixture. Roll up like a jelly roll. Cut in 1-1/2 inch slices. Flatten each slice to 1-inch thickness. Place the slices on a greased baking pan.

Bake for 14 minutes.

While baking the ham rolls, make the Cheese Sauce: In a saucepan, melt the butter. Add the flour and salt. Stir until well blended. Add two cups of milk slowly, stirring until thick and smooth. Bring to a boil for 2 minutes. Add the grated cheese. Stir until the cheese has melted.

To serve, pour the sauce over the hot ham rolls.

Per Serving (excluding unknown items): 2962 Calories; 143g Fat (43.2% calories from fat); 78g Protein; 344g Carbohydrate; 12g Dietary Fiber; 275mg Cholesterol; 10393mg Sodium. Exchanges: 19 1/2 Grain(Starch); 2 Lean Meat; 2 1/2 Non-Fat Milk; 26 Fat; 1 Other Carbohydrates.