

Tuna Roll-Ups

Recipe By *Brynie Greisman*



Cooking and Prep:  45
m

Serves:  4

Contains:    

Preference: Dairy

Difficulty: Medium

Occasion: Nine Days

Diet: Pescetarian, Sugar Free

Source: Family Table by

Mishpacha Magazine

This is another one of our favorites. It's equally good made milchig or pareve.

Double the recipe while you're at it and freeze some for next week, when you'll be too busy catching up on your laundry to cook!

Ingredients (14)

Dough

- 2 cups flour
- 3 teaspoons **Haddar Baking Powder**
- 1 teaspoon salt
- 1/3 cup oil
- 2/3 cup milk (for parve version, use water or **Gefen Unsweetened Soy Milk**)

Filling

- 2 tablespoons oil
- 1/2 cup minced celery
- 1/2 cup minced carrot
- 1/2 an onion, minced
- 12 ounces/340 grams **Gefen Tuna**
- 2–3 tablespoons **Gefen Mayonnaise** (light is fine)
- 1 egg
- salt, to taste
- pepper, to taste

Start Cooking

Make the Tuna Roll-Ups

1. Heat the oil in a nonstick frying pan over a medium flame and sauté the onion, carrot, and celery for approximately 10 minutes, or until they change color. Turn off the flame and set aside.
2. In a bowl, stir together the flour, baking powder, and salt for the dough. Make a well in the center and add the oil and milk. Stir with a fork. Set aside.
3. Mash the tuna with the mayonnaise. Add the egg. Add the sautéed veggies, salt, and pepper to the tuna and mix well. (If you prefer it very smooth, do this in the food processor with a few on/off pulses. Don't overdo it or it'll liquefy.)
4. On a floured surface, roll out the dough into a thin rectangle. Spread the filling all over the dough. Roll up jelly roll-style. Cut into slices approximately half an inch (one and a quarter centimeters) thick and place on a cookie sheet lined with Gefen Easy Baking Paper.
5. Alternatively, place a thick strip of tuna mixture in the center of the rolled-out dough. Fold over each side towards the center. Gently turn over and place on the cookie sheet.
6. If desired, brush the tuna roll-ups or “knish” log with egg prior to baking. Bake at 375°F (190°C) for 15 minutes for the roll-ups and 20 minutes for the log. You don't want them too

brown because you want to be able to see the spiral effect. If, however, you like them crispier, bake them a little longer.

Note:

Add more or less veggies according to taste.

Variation:

If you have leftover dough, make pizza roll-ups. Spread the dough with marinara sauce, sprinkle on grated cheese, roll up, slice, and bake. If you have leftover filling, add some bread crumbs and panfry the mixture in a little oil and voila: you have tuna latkes!

Credits

Photography: Daniel Lailah

Styling: Michal Leibowitz

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