

Heritage Recipes

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Rolla Pulsa (Rullepølse)

Recipe Search Request From Jeanette

The Search Request: "My cousin is searching for a recipe to make rolla pulsa. Do you have the recipe and can you give us some history on it? Is it a Scandinavian recipe? It is a sandwich meat recipe and it is found under sausage, but I never thought of it as that. It is a flank is rolled and soaked in spices. I have never tasted it because the smell didn't appeal to me, but most people raved about it. I think it may be a German dish, but some people think is it Scandinavian. Thanks for your help. Jeanette "

The Answer: After looking through many cookbooks, I turned to the [Sausage Making Forum](#) for help. They provided this link -- [Rolla Pulsa Article](#) -- and the recipe. Rolla Pulsa is a Scandinavian rolled meat that can be quite time consuming to prepare.

Rolla Pulsa

6 pounds beef flank

3 pounds lean pork

4 pounds round steak or veal (the meat should be special ordered well in advance)

Spice mixture: 1 tablespoon salt, 1 tablespoon brown sugar, 1 teaspoon ginger, 1 teaspoon allspice, 1 teaspoon salt peter, 1 tablespoon chopped onion

Spread out the beef flank. It should be about 1/8 inch thick. Put layer of spice mixture over the flank. Put layer of pork and then a layer of spice mixture over the pork. Put beef round steak on top and roll up like a jelly roll and then tie with string. Tie often. This will take lots of string. Soak in a salt brine. The brine has to have enough salt to float an egg. After soaking for 10-14 days, boil for 45 minutes. After it has been boiled, it must be pressed. Vera places a huge bread board over it and then puts a cedar chest on the bread board to weight it down. Press overnight. Wrap in foil. Slice. Serve with lefse.

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