

# Grampa's

## Browns Corner

# Blab

12-8-2020

# Rullepulse 2020

For those of you with access to Dr. Nana's Recipes on Wordpress (thank you, Michael) you can access **RULLEPULSE RECIPE 2017**. That was a good batch so we archived the recipe. But the instructions need to be updated to my new technique which I call **SMALL BATCH RULLEPULSE**.

The basic ingredients remain unchanged but I have a new assembly technique inspired by the breakfast smorgasbord at our hotel in Kobenhavn, sometimes called Copenhagen by outsiders. The rullepulse they served was readily seen to have been made by rolling up thin layers of meat with spices between the layers and then slicing like you do when you make pinwheel cookies. Actually it was crummy, too fatty and blandly spiced but what can you expect from a Dane?

Last year I did some poking around on the internet and found a few recipes including some for small batch rullepulse and I realized that a change was in order. So I used the new assembly technique. I used the same spices. The ratio of spices to meat is very important.

Today I made RULLEPULSE 2020. Probably only the first batch; 20 pounds of meat, half pork and half beef. Last year I got a little confused and instead of 25 pounds total I bought 25 pounds *each* of pork and beef. How embarrassing!

# RULLEPULSE 2020 recipe

## Ingredients

- 10 pound whole pork loin
- 10 pounds beef (chuck roast, London broil, round roast)
- 6T (tblspn) coarse ground black pepper
- 6T ground ginger (new, *not* old and stale)
- ½ T ground cloves <sup>1</sup>
- 6T salt (not sure why)
- 4 tsp Prague Powder (very important)
- 4 large strong onions cut up small



Mix dry stuff in a bowl, then mix in onions and save for later.

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<sup>1</sup> I forgot to add this. I'll throw some whole cloves in the cook water.

## BRINE

About 2lb salt dissolved in 2/3 of a Tractor Freight food grade bucket of cold water, enough salt to float an egg.

## ASSEMBLY

This is where it gets interesting. First, cut the long pork loin in half, making two shorter pieces.



## BUTTERFLY

With a big *sharp* knife, slice lengthwise parallel to top surface, laying open a flap about ½ inch thick.





Unless you are ambidextrous, turn the meat around 180 degrees to begin the second cut back toward where you started but this time  $\frac{1}{2}$  inch above the bottom. Kind of like peeling veneer from a log.



Then turn it around again and cut horizontally again creating another flap about  $\frac{1}{2}$  in thick

Hopefully you now have a wide flat sheet of pork about ½ in thick and maybe 18 inches wide.



Good work. So easy a caveman could do it. I would suggest that beginners do a smaller batch, maybe about five pounds, using smaller dimensions but same ratios.



Now sprinkle with the onions and spice mix you saved for later. Later has arrived.



I forgot to tell you to slice the beef into thin sheets. Do it now and layer over the spiced pork. Cover with spices

and another layer of beef. Kind of like making lasagna. Use all the beef and spices.

Now roll up like a rug.  
And place into the butcher's elastic mesh tube.



YOU CAN ALWAYS TELL A  
NORWEGIAN



CAN'T TELL THEM MUCH



## DISCLAIMER:

Those last two steps are harder than they sound. But with some help from Nana, we got 'er done and into the brine where it will soak for a week or so.



I will revisit that last step some time in the future using my newly made RULLEPULSE FUNNEL.