

Chicken-Chicken Roulade

Show: Oct. 9th

Ingredients: Makes 1 Roll

1 Chicken Breast, boneless, skinless
1/4 cup Spinach, wilted**
1/4 cup Mushrooms, thin sliced and sautéed***
1/4 Red Bell Pepper, 1/4 inch strips sautéed****
2 Tbl Caramelized onion paste*
Plastic Wrap
String (optional)

Salt and Pepper to taste

Procedure:

Lay out the chicken breast, with the side down that had the skin, between two sheets of plastic wrap. Place on a heavy chopping block or cutting board. Pound with a flat surfaced tenderizing hammer (not textured). Flatten to a 1/4 inch thickness, shaping as you pound so it does not leave gaps in the meat. However, don't worry if you have some gaps, it will roll up nicely anyway.

Assembly:

Remove the top sheet of plastic wrap. Season breast with a sprinkling of salt and pepper. Next spread about 2 tablespoon of caramelized onion paste on breast (like butter on toast). Then lay out the wilted spinach, leaving about an inch on each side clear. Next lay the cooked mushrooms and red bell peppers in a mounded line in the same direction as you will roll the breast up.

Roll the breast tightly, using the plastic wrap to keep it secure. Be careful not to roll the plastic wrap inside the roulade. When rolled very tight, holding each end of the plastic wrap twist each end in opposite directions. This will create the sausage like roulade and tighten it even more. Then tie the ends with string or use plastic wrap stretched out like a string.

Cooking:

In a large pot of boiling water, place the roulades and poach for about 15-minutes, remove from the water and rest for about 10-minutes. Unwrap the roulade and slice in 1/4 inch rounds (not too thin as to have them come apart).

Serve hot or cold on a crouton, croustade, etc.

*To caramelized onions, place chopped onions in a sauté pan over low heat with a little cooking oil. Slowly sauté until transparent and a bit golden but not too dark. The slow sauté allows the sugars of the onion to come out and cause the browning. Make a paste by putting the cooked onions in a food processor.

**Place spinach in a microwave bowl, cover with plastic wrap and heat about 50 seconds. Spinach should be just wilted and not watery.

***Cut mushrooms into thin slices and sauté in a little vegetable oil until tender and season with salt and pepper.

****Cut red bell pepper into 1/4 inch strips and sauté in a little vegetable oil until tender, season with salt and pepper.

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