COOKING PASSION SINCE 1877

Chicken Roulade with Orange and Cranberry

DIFFICULTY: MEDIUM

PREPARATION TIME: 30 MINS

COOKING TIME: 1 HOUR AND 10 MINS

SERVES: 6-8

Ingredients

4 chicken breasts, skin removed

1 shallot, finely chopped

1 tbsp butter

2 tsp Gewurshaus Herbes de Provence

¼ cup dried cranberries, finely chopped

2 tbsp thickened cream

Salt and black pepper

Cranberry and orange sauce

1 cup dried cranberries

1 cup chicken stock

Zest of 1 orange, julienned

Juice of 1 orange

Salt

2 bunches fresh asparagus

2 tbsp olive oil

Method

Make the stuffing, take 1 chicken breast, roughly chop and process in a food processor to make a fine mince. Place shallot and butter in a frying pan, heat over medium heat, Induction level 7 for 3 minutes, until soft. Stir through the Herbes de Provence and allow to cool.

Combine the minced chicken, cooked shallot, chopped cranberries and cream in a bowl. Season with salt and pepper and mix well.

Preheat oven on FullSteam to 72°C.

Prepare the remaining chicken breasts, place flat onto a cutting board and carefully cut horizontally but not all the way through to butterfly each fillet. Flatten each fillet with a mallet. Ensure each fillet is flat and even thickness, approximately 1 cm. Spread each fillet with 1/3 of the stuffing, use wet hands to press stuffing to evenly. Carefully roll the chicken breasts from narrower, pointy end to form a tight roulade. Roll each tightly with baking paper ensuring that each roll has a double layer of paper. Secure each end and place roulades on large perforated stainless steel tray. Cook for 1 hour.

While the chicken is cooking, make the cranberry and orange sauce. Place all of the ingredients into a small saucepan. Bring to the boil over high heat, Induction level 8. Reduce heat, Induction level 5 and cook for 10 minutes until sauce reduces.

When the chicken has cooked, preheat a chargrill plate over medium/high heat, Induction level 7. Remove paper from the roulades and blot with paper towel to remove excess moisture. Drizzle roulades and asparagus with olive oil. Brown the roulades and cook asparagus on the chargrill plate.

Remove and cut the chicken roulades into 1cm slices. Place asparagus on to a serving platter, arrange roulade slices and dress cranberry and orange sauce.

Notes

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