

# STEAMED CHICKEN ROULADE WITH MACADAMIA AND SAGE STUFFING

## EQUIPMENT

CHEF KNIFE OR BONING KNIFE, SMALL MIXING BOWLS, CLINGFILM, FOIL, MEDIUM SIZE FRYPAN, SPOONS

## INGREDIENTS

1 WHOLE SIZE 14 CHICKEN, 100GM MACADAMIA NUTS, 100GM CHICKEN THIGH MINCE, 15 CHOPPED PARSLEY LEAVES, 1 DICED BROWN ONION, 1 CLOVE CHOPPED GARLIC, 8-10 SAGE LEAVES, OLIVE OIL  
30GM BUTTER, SEA SALT, EXTRA VIRGIN OLIVE OIL

## EXTRA NOTES FOR THIS RECIPE

*IT IS ESSENTIAL FOR THIS PARTICULAR RECIPE TO WATCH THE VIDEO TO SEE HOW THE SKIN IS REMOVED FROM THE CHICKEN*

## METHOD

REMOVE THE SKIN FROM THE CHICKEN AS SHOW IN THE VIDEO IN A SINGLE LARGE PIECE AND SET ASIDE

NOW BONE THE CHICKEN REMOVING THE BREASTS AND LEGS, REMOVE THE SMALL FILLETS FROM THE BREASTS AND BONE OUT THE LEGS

SET ALL YOUR CHICKEN PIECES ASIDE

LAY THE SKIN PIECE OUT FLAT ON YOUR CHOPPING BOARD AND ARRANGE THE CHICKEN PIECES ON TOP OF THE SKIN STARING WITH THE BREASTS CLOSEST TO YOU THEN LEG PIECES IN FRONT OF THEM AND USE THE FILLETS TO FILL A SLIGHT GAP IN BETWEEN

YOU SHOULD HAVE SOME EXCESS SKIN AT THE ENDS

HEAT A MEDIUM SIZE FRY PAN AND ADD A SPLASH OF EVOO ADD THE ONION AND SAUTÉ FOR 2-3 MINS THEN ADD THE GARLIC, MACADAMIA NUTS AND 10GM OF BUTTER AND CONTINUE TO SAUTÉ FOR 1-2 MINS FINISH WITH THE SAGE LEAVES AND COOK FOR ANOTHER 30 SECONDS

ONCE COOKED ADD THIS MIX TO THE CHICKEN MINCE ALONG WITH THE CHOPPED PARSLEY AND A GENEROUS PINCH OF SALT. MIX WELL WITH A SPOON UNTIL WELL COMBINED

SPOON THIS MIX OUT ONTO THE TOP OF THE CHICKEN AND PRESS OUT TO COVER EVENLY

FOLD THE SIDES OF THE SKIN IN AND WORKING AWAY FROM YOURSELF CAREFULLY ROLL UP THE CHICKEN INTO A TIGHT SAUSAGE SHAPE AND SET ASIDE

LAY OUT TWO LARGE SHEETS OF CLING FILM AND PLACE THE CHICKEN IN THE MIDDLE AND ROLL UP THE CHICKEN AGAIN PINCHING THE ENDS OF THE CLING FILM TO BEGIN FORMING A TIGHT ROLL

TIE OFF ONE END AND ROLL UP THE OTHER END UNTIL A TIGHT EVEN ROLL IS ESTABLISHED

REPEAT THIS PROCESS WITH A LARGE SHEET OF FOIL AND PLACE THE ROULADE ON A PERFORATED TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 70 DEGREES FOR 2 HOURS

ONCE COOKED REMOVE FROM THE OVEN AND SET ASIDE TO COOL AT ROOM TEMPERATURE THEN TRANSFER TO THE FRIDGE OVERNIGHT

THE FOLLOWING DAY REMOVE THE FOIL AND CLING FILM AND SCRAPE AWAY THE "JELLY" THAT HAS FORMED AND RESERVE FOR YOUR SAUCE

### **METHOD CONT'D**

HEAT A MEDIUM SIZE FRYPAN OVER MEDIUM HEAT AND ADD A SPLASH OF EVOO

SLICE THE ROULADE INTO 2-3CM PIECES AND PAN FRY THE PIECES ON ALL SIDES UNTIL GOLDEN BROWN (3-4 MINS) THEN REMOVE THE CHICKEN AND TIP THE JELLY INTO THE PAN, TURN THE HEAT UP TO HIGH AND ONCE THE JELLY HAS MELTED ADD THE REMAINING BUTTER AND STIR THROUGH OFF THE HEAT

PLACE THE ROULADE PIECES ON A PLATE AND POUR OVER THE SAUCE, GARNISH WITH SOME FRESH HERBS AND SERVE

### **HINTS & TIPS**

- ALTHOUGH THIS RECIPE MAY SEEM LIKE A LOT OF WORK IT IS BRILLIANT FOR DINNER PARTIES AS YOU SPEND VERY LITTLE TIME COOKING AS ALL THE WORK WAS DONE THE PREVIOUS DAY
- IT IS IMPORTANT THAT YOU SLICE THE ROULADE COLD, ATTEMPTING TO DO SO WHILE HOT WILL RESULT IN A CHICKEN CRUMBLE!!
- VARY THE INGREDIENTS IN YOUR STUFFING, TRY PRUNE AND PISTACHIO OR DRIED APRICOT AND ALMOND