



♥ CHICKEN ROULADE ♥

CHICKEN ROULADE with turkey ham & Parmesan (Part 1/2)

Ingredients :-

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|--------|------------------------------|
| 6 pcs | Chicken breast, butterfly |
| 5 pcs | Chicken ham, finely chopped |
| 6 nos | Mushroom, finely chopped |
| 10 g | Leek, finely chopped |
| 10 g | Spring onion, finely chopped |
| 6 tbsp | Cream |
| 4 tbsp | Parmesan cheese |
| Pinch | Salt |
| Pinch | Pepper |

Method :-

1. Heat pan with a little oil, saute' ham add mushroom followed by leek and spring onion. Season with little salt and black pepper.
2. Butterfly chicken breast and pound well. Season with salt and pepper. Roll up with filling and wrap with cling film. Steam for 12 minutes or until cooked.
3. Pan fry chicken with a little oil. Finish off in the oven.
4. Serve with salad on the side.



CHICKEN ROULADE with turkey ham & Parmesan (Part 2/2)

Homemade Mashed Potato

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| 500g | Russet potatoes |
| 2 pcs | Bay leaf |
| 150 ml | Milk |
| 80g | Butter |
| To taste | Salt & white pepper |

Method;-

1. Peel and cut into cubes.
2. Boil a pot of heavily salted water.
3. Once boiled, add in the potatoes.
4. Once cooked, strain dry.
5. Use a potato masher and mash the potatoes, mix in milk & butter.
6. Season with salt & white pepper.

Onion Cravy

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|-------|-------------------------|
| 30g | Oil |
| 100g | Chopped onion |
| 330g | Water (preferably hot) |
| 30g | Chicken Gravy powder |
| 8g | Butter |
| 8g | Plain flour |
| 70g | Water |
| Pinch | Salt |
| Pinch | Black pepper |

Method;-

1. In a saucepan, saute' the onion in the oil until softened and almost starting to brown. Add the 330g water and boil, lower heat to simmer, covered for about 5 minutes. Turn off heat and stir in the gravy powder.
2. In another saucepan, melt the butter and stir in the flour to make a roux. Slowly add in the 70g water, then pepper and salt.
3. Stir the gravy mixture into the roux mixture to combine. Check the consistency (thickness) and taste; adjust with water or seasoning if necessary.