



♥ CHICKEN ROULADE ♥

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

Ingredients :-

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

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

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.