

ENTERTAINING AT HOME

Filled Free Range Chicken Roulade with a Chardonnay & Sherry Sauce



Chef Albrich
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We'd like to wish all our readers and very safe and happy holiday season. I know many of you are planning dinner parties and wondering what to serve. Here is a recipe that although not a typical holiday dish is relatively simple to make and absolutely delicious. It is very colorful with red and green filling and bright garnish, and the taste is absolutely mouth watering.



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Ingredients: Serves 4

3 chicken breasts
3 garlic cloves
1/2 cup extra virgin olive oil plus 4 tbsp
1 lime, juiced
1 orange, juiced
1 cup cilantro leaves
2 roasted red peppers
1.5 oz goat cheese
1/2 cup chicken stock
2/3 cup chardonnay
1/3 cup dry Sherry
8 oz crème fraîche
Salt and pepper to taste

Preparation:

Butterfly chicken breasts and lightly pound to form a flat piece that can be rolled. Salt and pepper both sides to taste. Place breasts in a large bowl with 1/2 cup extra virgin olive oil and squeeze one large lime and one orange. Press 3 garlic cloves and coat breasts evenly with this mixture. Set aside in the refrigerator to marinate overnight or for at least 4 hours.

Take one flattened, marinated breast and place a bed cilantro leaves on the inside center. Take one roasted pepper cut it in 3 pieces lengthwise and slice one piece in thin slices. Place that on top of the cilantro leaves. Take about a half ounce of goat cheese and place on top of the red pepper. Roll the chicken to cover the filling making sure the ends are tucked in or properly cover the filling. If you have to, use toothpicks and remove later. Do the same with the other 2 breasts.

Place 4 tablespoons of olive oil in a large frying pan and warm to medium-high heat. Place breasts in the hot oil and brown well on both sides, then cover, reduce heat to medium and cook until done or for about 10 minutes.

When chicken is done, remove breasts from pan and add a half a cup of chicken stock or broth to the pan and 2/3 cup of chardonnay. Cook for about 2 minutes stirring to dissolve what was stuck on the pan from cooking the chicken. Add 8 ounces of crème fraîche and 1/3 cup of dry Sherry. Cook to reduce a little and thicken sauce. Add cooked chicken breasts to the sauce for about a minute to warm up.

Plating (see photo)

Take each filled breast and slice it into 5 or 6 slices. Put some sauce on a plate as shown in the photo. Place about 4 slices on each plate on top of the sauce and decorate with 1/3 of a roasted pepper and some cilantro leaves in the center.

Conclusion

This dish goes very well with mashed potatoes or some plain angel hair to mix with the absolutely wonderful sauce. The most difficult part is getting the sauce just right. This is also the key to this dish. Try it! Send comments to info@chefalbrich.com.

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