

Chicken Roulade, Yellow curry polenta, Charred Gai Lan



 01:35




This recipe is available for:




- Convotherm mini

Accessories:





1/1 GN Stainless steel pans, unperforated, 40 mm deep, 3004034

PROFILE

-  Chilled 4°C
-  1 Portion
-  From Scratch

-  Steam
-  01:35 | 65 °C
-  2

Stage 1
180 °C

-  Convection
-  00:03 | -
-  2
-  3

Stage 2
200 °C

RECIPE

Ingredients

1	pcs	Chicken brast
50	g	Tofu
1	tbs	Cashew nut (toasted and chopped)
5	pcs	Smoked bacon (strips)
1	pcs	Gai Lan (small bunch)
1	tsp	Curry powder
1	cup	Coconut milk
1/4	cup	Polenta
1	pinch	Salt
1	pinch	Pepper

1. Food Preparation

- Mash tofu with a fork then mix with chopped roasted cashew nuts. - Pound chicken breast into thin sheet using clingfilm - On sheet of new clingfilm, lay out bacons and then lay chicken breast sheet on top of the bacon. Spoon in tofu mixture and spread out into thin layer. Then carefully roll over to make baton shape. Twist the ends of both sides to tight up the roulade and chill in the fridge. - Clean and cut Gai Lan (leaves only) into small chafonade. - Boil coconut milk and mix in curry powder, season with salt and pepper - Make Palenta by mixing polenta into boiling curry mixture. Continue heating and stirring until thickend up. - Roast the chicken roulade in Convotherm oven to get crispy outside and cooked on the inside - Put in Gai Lan leaves into the hot pan and use the dripping oil to cook the leaves. - Plate up and drizzle with the leftover remaining cooking oil

2. Cooking Instruction

- Set Convotherm 4 in Combi mode, then Convection - Once the Chicken roulade is cooked through, throw in the Gai Lan to cook in the hot dripping oil.

3. Food Serving Instruction

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