

RECIPE CARD

BY CHEF *Gonzalo Garcia*

CHICKEN ROULADE

ROASTED BABY POTATOES

CHICKEN GRAVY/DEMI - 2 SERVINGS

MORE *Recipes*



INGREDIENTS

- 1 whole chicken
- 2 cloves of garlic
- 1 bunch green onion
- Salt
- 1 red onion
- Rice wine vinegar

PROCEDURES

1. Start off by preparing cutting board station to debone and process chicken. While leaving the skin intact remove the breast along with tender and remove thigh meat from skin. Remove wing and thigh to set apart, wings will be saved for gravy.
2. Place our skinless boneless thigh in our food processor and pulse until consistency similar to ground sausage.
3. Small dice half red onion.
4. Thinly slice green onion, only bottom part of the green onion.
5. Mince 2 cloves of garlic.
6. Heat up sauté pan medium to high heat and add oil.
7. Sauté veg until wilted and turn heat off when fawn has developed, deglaze fawn off the pan with rice wine vinegar. After de-glaze let veg cool down.
8. Place ground thigh meat into mixing bowl and add cooled sautéed veg into bowl and mix together and add pinch of salt and pepper. This completes the farce.
9. Find a flat open surface and lay out enough plastic wrap to lay out skin and attached chicken breast in order to begin the rolling process. Process will be repeated for the other half, (thigh meat/farce is enough for both halves).
10. While skin and breast is laid out and extended half of our farce will be tucked right beside our chicken breast on our chicken skin.

11. Proceed to fold excess skin inward, attempt to wrap along with farce with skin as best as possible. Using the laid out plastic wrap, wrap the already rolled chicken as tightly as can be.
12. From here you can place wrapped chicken into steamer for approximately 45 min or until chicken reaches internal temp of 155°.
13. After chicken reaches desired temp we can now remove plastic wrap and start giving the chicken a crust. It can be done in few different ways depending on what we have at home.
 - a) First option is pan sear, have pan heated up to medium to high heat add enough oil to coat pan with minimal excess oil and sear chicken golden brown on all sides.
 - b) Option two is to deep fry the whole chicken, allow chicken to be fully submerge to get even golden brown crust on all sides .

INGREDIENTS

- 1 lb of baby potatoes
- Olive oil
- Salt & pepper
- Parsley

PROCEDURES

Toss potatoes in mixing bowl with olive oil salt and pepper and mix evenly. Place potatoes on sheet pan put in oven preheated to 375° and roast off for 20 minutes. Once potatoes come out of oven put back in bowl and toss with chopped parsley.

ROASTED BABY POTATOES

INGREDIENTS

- Left over wings from deboning process
- Chopped celery, onions, carrots (16 oz each)
- 8 oz red wine
- Tomato paste 4 oz

PROCEDURES

Turn on sauté pan medium to high heat add small amount of oil to coat pan evenly and start by adding wings. Allow wings to crust and get a sear, add a pinch of salt and pepper to wings, once we have developed a small amount of browning on our pan, add vegetables. Cook vegetables down until the onions are completely transparent, we can now add our tomato paste and mix in while lowering heat to our pan. Once tomato paste is cooked into veg we put heat on low and add our red wine and allow to reduce by one quarter of initial volume. Once sauce reduced to desired consistency we can strain sauce and ready to serve.

CHICKEN GRAVY/DEMI