

COOK-ALONG MENU

Wednesday, November 25, 2020



Prosciutto and Duck Confit Chicken Breast Roulade

Or Mushroom and Leek Tofu Roulade

Items Required:

- 1 baking tray (lasagna dish style)
- 2 small pots
- 1 sauté pan
- 1 blender / hand blender or potato masher
- 2 presentation plates
- oven
- 1 cutting board
- knives

Prosciutto and Duck Confit Chicken Breast Roulade

- Meat Mallet or alternatively the back of small saucepan
- Parchment paper (1 sheet)
- Saranwrap (2 pieces of 10 X 12 approximately)
- Foil paper (2 pieces of 10 X 12 approximately)

Mushroom and leek Tofu Roulade

- Cheesecloth (4 pieces of 10 X 12 approximately) (if you're unable to find cheesecloth, you can use saranwrap and foil as noted in the chicken version, you will need to poke a few holes in it to release the liquid from this version of the dish)

Ingredients:

For the Chicken Version:

2 skinless boneless chicken breasts. Butterfly open

2 ounces (1/4 cup) of pre-cooked duck confit **Note:** this is an example of the [pre-cooked duck confit](#). You can find pre-cooked duck legs at Loblaws/Farm Boy or IGA and will need to be warmed slightly and shredded. **ALTERNATIVE:** Instead of duck confit you can use pulled pork or the mushroom mix from the Tofu recipe.

4-6 slices of prosciutto (will depend on how large your chicken breasts are when flattened)

ALTERNATIVE: Instead of prosciutto, you can use leek or spinach.

Salt and black pepper

9 ounces (1 cup) of veal stock or beef bouillon

For the Tofu Version:

1 block of hard tofu 4x4, drain and cut in 4 length wise

1/2 teaspoon of pesto

2 ounces (1/4 cup) of olive oil

2 ounces (1/4 cup) of mushrooms diced fine (any kind of mushrooms) **Note:** cook these in a skillet in advance and set aside

4-6 green leaves of the leek blanched **Note:** the blanch should be done in advance, and to blanch you, quickly cook in boiling water for 30 seconds then plunge in ice cold water to stop the cooking process, leave in water for 1 minutes. Set aside on dry paper.

towel. **ALTERNATIVE:** Instead of leek you can also use spinach using the same blanching method.

Salt and black pepper

9 ounces (1 cup) of vegetable stock

For the Squash Puree (included in both versions):

1/2 cup of diced squash

1/4 cup of diced yam

1 ounce (2 tbsp) of butter

1/2 teaspoon of truffle oil (for flavour only, not a requirement)

Salt and black pepper

For the Brussels Sprouts (included in both versions):

5 brussels sprouts cut in half

1/2 ounce (1 tbsp) of olive oil

1/2 ounce (1 tbsp) of butter

1/2 teaspoon balsamic glaze or vinegar

Salt and pepper

Directions:

CHICKEN VERSION (see next page for Tofu version)

Step 1

In a medium pot of boiling water cook the squash and yam until tender.

Step 2

Once you are ready to start making the roulades, pre-heat the oven to 400 F.

Place each chicken breast butterflied, on one side of the parchment paper and fold paper in half to cover the chicken.

With smooth side of a meat mallet (or the back of a small saucepan), pound each breast to 1/8-inch thickness.

Sprinkle the salt and pepper evenly over the breast and repeat for the other one.

Step 3

Line 1-2 slices of prosciutto per saranwrap piece.

Place in center of the prosciutto 1 chicken breast and 1 ounce of the duck confit evenly spread. As an alternative to duck confit you can use pulled pork or the *mushroom mix

Gently roll to create a cylinder and wrap again in foil to have a perfect log.

Place in lasagna dish with veal stock.

Cook in oven at 400 F for 15 to 18 minutes.

***Mushroom Mix:** 2 ounces (1/4 cup) of mushrooms diced fine (any kind of mushrooms) **Note:** cook these in a skillet in advance and set aside

Step 4

Drain and puree the squash and yam in a blender or using your potato masher with butter, truffle oil and seasoning. Set aside.

Step 5

In a sauté pan, heat up the oil and butter and sauté the brussels sprouts over medium heat for about 5 minutes. Finish with seasoning and balsamic glaze. Set aside.

Step 6

Remove chicken from the oven and cool down for 3 to 5 minutes.

At the same time, reduce the stock from the lasagna pan by transferring it to a saucepan and reducing it on medium simmer.

Step 7

You are now ready to assemble your dish. Unwrap the chicken roulade and cut in 5 slices.

Drag a puree line on the plate with the chicken beside.

Place the sauteed brussels sprouts and finish with the reduced sauce.

TOFU VERSION

Step 1

Place the tofu in a container, big enough to place the tofu slabs as flat as possible, not overlapping.

Combine the pesto and the olive oil and pour over the tofu and refrigerate for 30 minutes.

Step 2

In a medium pot cook in boiling water the squash and yam until very tender.

Step 3

Once you are ready to start making the roulades, pre-heat the oven to 350 F

Place one slab of tofu per cheesecloth, add the mushroom mix to cover half of each slab and tightly roll the cheesecloth until you have a cylinder-like shape.

Twist the ends of the cheesecloth, fold them under and put them back in the pan. It is important to note that the tofu will not completely cover the stuffing on the bottom, but do not worry because the cheesecloth will hold it in place. Add the vegetable stock.

Bake in the oven at 350 F for 15 minutes, basting it once halfway through cooking.

Step 4

Drain and puree the squash and yam in a blender or using your potato masher with butter, truffle oil and seasoning. Set aside.

Step 5

In a sauté pan, heat up the oil and butter and sauté the brussels sprouts over medium heat for about 5 minutes. Finish with seasoning and balsamic glaze. Set aside.

Step 6

Once cooked, let them cool for about 5 to 10 minutes and then carefully remove the cheesecloth.

At the same time, reduce the vegetable stock from the lasagna pan by transferring it to a saucepan and reducing it on medium simmer.

Step 7

You are now ready to assemble your dish. Carefully cut the tofu roulade in 5 slices.

Drag a puree line on the plate with the tofu beside.

Place nicely the sauteed brussels sprouts and finish with the reduce sauce.

Bon Appetit,

Patrick Turcot
Executive Chef

Centre **Shaw**) Centre

