

Chicken Roulade with Mushroom Stuffing

Servings: 4

Source: Robust Roasting Class with Patrick Frank

Ingredients

- 1 whole chicken, boned
- 1 tbsp olive oil
- 1 lb. mushrooms, any kind, quartered
- 1 shallot, peeled and diced
- 1 tbsp garlic, chopped
- 1 tbsp fresh thyme, chopped
- ½ cup bread crumbs
- 2 whole eggs
- salt and pepper to taste

Method

Preheat oven to 350 (He used 350 convection).

Have your butcher bone your chicken starting from the back, leaving a little chicken “cardigan”, unless you know the method he showed! Put chicken in fridge.

In large saute pan over high heat, add olive oil and saute mushrooms. When they start to color, add shallots and garlic and continue to saute until fragrant. Salt when slightly brown and caramelized, not before.

Remove from heat and add thyme. Place in bowl of food processor and pulse quickly. (He just mixed it in bowl for more rustic texture. Do in processor if you want smooth stuffing.)

Add bread crumbs and mix again. Season with salt and pepper add eggs and mix quickly.

Place chicken flesh side up and liberally season with salt and pepper. Place mushroom filling in thin layer on about ½ the flesh side.

Roll chicken and form into a roulade. Truss with butcher’s twine or silicone bands.

Salt and pepper outside generously.

Roast for 45-60 minutes or until the internal temp is 165 degrees.

Let rest for 10 minutes, then slice into rounds and serve.

Notes

He also made a little sauce by pouring drippings into saute pan and adding butter, sliced mushrooms, salt and pepper, and a little flour to make a roux. Pour just a bit over rounds of chicken.

To Bone the Chicken

Draw a line with knife down back bone and make another cut right next to that. Cut skin away from back and ribs, keeping in one piece.

Legs - cut edge of meat away from bone and then pull bone up, like a corkscrew, and cut off the attached bit.

Put knife under collarbone to remove wing.

Butterfly breast so it lie flatter for rolling

Can put saran wrap over chicken and pound flat but not necessary if rustic is ok.