

Reheat & Crisp Chicken Roulade stuffed with Mushrooms



eikon® e2s

01:35





This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:




e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)

PRO
FILE

-  275 °C
-  Chilled 4°C
-  1 Portion
-  Precooked




Stage 1

Place the Chicken

-  01:15
-  100 %
-  100 %

Stage 2

Add the Tomatoes

-  00:20
-  100 %
-  100 %

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Ingredients

- 180 g Chicken Leg boneless
- 1 tbs Oyster Sauce
- 2 pinch White Pepper Powder
- 1 tbs Sesame Oil
- 3 pcs Shitake Mushrooms
- 3 pcs Button Mushroom
- 2 tbs Oil
- 1 pcs Garlic Clove finely chopped
- 1 tbs Light Soy Sauce
- 0.5 pcs Sweet mango ripe
- 1 tbs Mayonnaise
- 3 pcs Cherry Tomatoes
- 5 g Spring Onion Julienne
- 5 g Coriander

1. Food Preparation

Flatten the chicken using a meat tenderiser and marinate both sides with oyster sauce, white pepper and sesame oil. Let it rest for 30 minutes in a fridge. Sear the mushrooms and garlic in a hot pan with oil and season them with soy sauce and pepper. Place the chicken meat on a piece of clingfilm and put the chilled mushrooms into the centre of the meat and roll the meat into a wrap, make sure the mushrooms are well stuffed. Roll the clingfilm around the chicken wrap and secure both ends to achieve a sausage shape. Boil a pot with water, just enough to cover the chicken, and poach it for 15 minutes. Remove the clingfilm and chill it down. Blend the peeled and diced mango to a puree and mix it well with the mayonnaise. Place the chicken on the tray.

2. Cooking Instruction

Cook the chicken as per oven profile. Add the tomatoes after the first step.

3. Food Serving Instruction

Remove the cooked food from the tray and serve. Cut the chicken in half and use the tomatoes, spring onions, coriander and the mango-mayonnaise as garnish.