

Rolled Seasoned Chicken



Serves: 6 Prep Time: 20 mins Cook Time: 50 mins

OK to Freeze?



Complexity:



Ingredients

- 1 x 750g de-boned chicken *
- 1 onion, chopped
- 3 tablespoons olive oil
- 2 teaspoons dried sage or 6 fresh leaves, finely chopped
- 1½ cups fresh breadcrumbs *
- 2 tablespoons butter (30g), small cubes
- ½ cup raisins or dried cranberries
- 30g butter (extra) cut into 3

Sauce

- ½ cup white wine
- 1 cup chicken stock
- 1 teaspoon Dijon mustard
- Pinch of salt

Method

1. Preheat oven to 180°C.
2. Spread the chicken out on a sheet of baking paper. Cover with a second sheet of baking and using a meat mallet or a rolling pin flatten the chicken to form a rectangle. Set aside in a cool place or refrigerate until required.
3. In a small frypan, over medium heat, cook the onions in the oil for 4-5 minutes or until soft but not brown.
4. Place the cooked onion in a medium size bowl, add the sage, breadcrumbs and butter cubes. Stir to combine.



5. Peel away the top layer of paper from the chicken and discard. Place the sage and onion seasoning evenly along the near side edge of the chicken.
6. Place the extra butter pieces along the top of the seasoning.
7. Roll the chicken, tightly, into a log. Tie with cooking twine at 3cm intervals (to keep its shape when cooking)



8. Lay two sheets of aluminium foil on a clean surface, overlapping the first sheet by three quarters.
9. Place the tied chicken roll on the near side edge and roll tightly to keep a log shape. Twist the ends so that the foil is snug to the chicken roll.
10. Place chicken roll in a baking dish and refrigerate for 20 minutes to set the seasoning and the shape.
11. Place the chicken in the preheated oven and cook alongside the roasting potatoes and any other vegetable, roast for 40 minutes.
12. Open the foil on the chicken and cook for a further 10 minutes to a golden-brown colour. Remove the chicken from the oven, re-cover the chicken lightly with the foil and rest on a warm plate while you make the sauce.
13. Place the roasting pan over medium heat and add ½ cup white wine or water and boil for a few minutes to de glaze the pan and cook off the alcohol.
14. Add one cup chicken stock, one teaspoon of Dijon mustard and a pinch of salt. Cook, boiling for five minutes or until the sauce begins to reduce in volume.
15. Taste the sauce and add some pepper if desired.
16. Slice the chicken roll and serve on a warm platter with the sauce and roasted vegetables.

Comments

* Boned chicken can be purchased at Harris Farm or asked the butcher to do it for you.

Breadcrumbs: keep any crust or stale bread and place in the food processor, blitz for just a few second for breadcrumbs. Breadcrumbs will keep frozen for three months.

Chicken roll can be made in advance and frozen. Defrost in the refrigerator overnight before cooking.

Sage and onion seasoning can also be made in advance and frozen. Defrost at room temperature before adding the seasoning to the chicken.

Leftover chicken roll is lovely with a salad the next day.