


Chicken roulade with herbs and bacon

Cuisine: **Czech**
Food category: **Poultry**



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Program steps


Preheating:


99 °C


1


 Steaming

 Termination by time

 00:30 hh:mm


 82 °C


 80 %





2


Odbalte potravinářskou folii


 Hot air


 100 %

 Termination by time

 00:20 hh:mm

 190 °C

 100 %



Ingredients - number of portions - 10

Name	Value	Unit
boneless chicken	1800	g
parsley	7	g
thyme	6	g
garlic	12	g
lemon	1	pcs
olive oil	25	ml
english bacon	200	g
salt	2	g
butter soft	100	g
freshly ground black pepper, ground	1	g
rosemary	6	g

Nutrition and allergens

Allergens: 7
Minerals: Ca, CA, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	418.8 kJ
Carbohydrate	4.5 g
Fat	32.6 g
Protein	25.8 g
Water	0 g

Directions

Wash the boneless chicken, dry it and season it with salt and pepper on both sides.

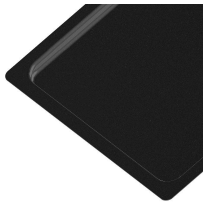
Put the parsley sprigs, dried rosemary, dried thyme, 3 spoons of olive oil, softened butter, juice and lemon zest into a tall mixing bowl. Blitz everything with a stick blender. The resulting mixture should have the consistency of a paste.

Place the chicken skin side down on the work surface. Lightly cut the breast with a knife so that a single sheet is formed and lightly pound it with a meat mallet to a thickness of approx. 1.5 cm.

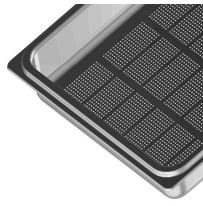
Coat the chicken plate with the prepared herb paste and place the bacon slices. Then we roll the sheet into the shape of a roll and wrap it in food foil.

In the first step, we pre-cook the roulade and then finish baking without the foil in the second step for color.

Recommended accessories



Vision Bake



GN container Stainless
steel perforated