



CHEF LEPCHA'S COMFORTING CHICKEN ROULADE

In his third and final recipe for Karma Community, Chef Lepcha Karma from Karma Martam Retreat leaves the Himalayas in favour of a decidedly more European dish. This chicken roulade is an indulgent delight, with tasty chicken white wine and cheese combined with garlic and oregano to delicious effect...

Ingredients:

- 2 teaspoons extra-virgin olive oil
- 200 grams skinless, boneless chicken breasts, pounded to 1/8-inch thickness
- Salt and freshly ground black pepper
- Teaspoon fresh oregano
- Butter 10 grams
- Minced garlic cloves
- 1 teaspoon finely grated lemon zest
- 1/2 cup dry white wine
- 1 teaspoon fresh lemon juice
- 2 slices cheddar cheese

Preparation:

Step 1

- Line a cling wrap brush with oil. Arrange chicken breast and flatten the breast with meat hammer then keep single wrap & place chicken breast above it.
- Season oregano, garlic, and lemon zest with salt and pepper.
- Tight roll with sliced cheddar cheese and enclose filling tying both sides.

Step 2

- Boil water in a pan and poach chicken roll for 10 minutes then place it out and cut both tied strings.
- Then Transfer chicken roll to a small saucepan grill all sides in butter then place on a plate.

Step 3

- Add 1 cup each of wine and chicken broth to a pan. Reduce to 50% (around 5 minutes), season with salt pepper and lemon juice. Spread pan juices over chicken roulade, add lemon wedges to squeeze over the roulade.