

# Chicken Roulade

## Ingredients

- 1 *Chicken, whole*
- *Activa RM, as needed* 🛒
- *Oil for frying, as needed*

## Equipment

- Sous vide setup* 🛒
- High-quality plastic wrap* 🛒
- Butcher's twine* 🛒
- Digital instant-read thermometer* 🛒
- Slotted spoon* 🛒
- Oven* 🛒

## Timing

*2 hr*

## Yield

*4 servings*

## 1 Heat Joule to 149 °F / 65 °C

ChefSteps cooks sous vide with Joule, the sous vide tool created by our in-house team of chefs, designers, and engineers. Compact and gorgeous, Joule is a WiFi-connected device you control easily with your smartphone. [Learn more about Joule and sous vide](#), and you'll be whipping up amazing feasts like this in no time.

## Disassemble the Chicken

- 1 *Chicken, whole*

## 2 Remove wings

*Cut the wings from the chicken, and reserve for another use.*

### 3 Remove skin

Slice through the skin, along the spine, from top to the bottom.

Gently lift the skin and run your fingers along the underside. With enough pressure, you should be able to pull and peel the skin off. Use your fingers to tear through any sinew.

Lay the skin flat, exterior side down. Use a towel to rub off excess sinew and fat so the surface is as smooth as possible.

Reserve in the fridge.

#### **4 Remove breasts**

Use your fingers to locate the wishbone in the neck.

Slice along the edge of the bone to disconnect it, and gently pull it out. This makes removing the breasts easier and increases the yield.

Make several slices along both sides of the keel bone until you're able to remove the breasts.

Cut the drumettes and tenderloins away from the breasts. Reserve them for another use.

Cut any sinew, silverskin, and fat from the breast. This helps make a cleaner-looking roulade.

#### **Assemble the Chicken**

##### **5 Cut and lay out skin on plastic wrap**

Slice a bit off the edges of the skin to form a rectangle.

Roll out the plastic wrap, keeping it connected to the roll so you can make it taut.

Lay the skin, exterior side down, on the plastic. Stretch out the skin until it's as flat as possible.

- *Activa RM, as needed* 🛒

## 6 **Stack breasts on top of skin**

Lightly dust the skin with Activa.

Place one breast, plump side down, at the edge of the skin closest to you. Make sure an even amount of skin is showing on the right and left sides of the breast.

Lightly dust the breast with Activa.

Place the other breast on top, plump side up, rotated in the other direction.

Lightly dust the top breast with Activa.

## 7 **Roll skin over breast**

Start rolling up the skin with the breast until the skin overlaps itself by about 5 cm. Using scissors, cut off any extra skin.

We had about 2.5 cm of excess skin on each side, so we folded it in.

## 8 Roll in plastic; poke holes

Cover breast with plastic wrap, and roll four full times around.

Poke six small holes into the skin. (We use a toothpick.) This helps remove air pockets in the skin, which can create blowouts during frying.

Pull the plastic taut. Some of the fat will seep out of the holes.

Roll two more times around. Poke six more holes down to the core. Pull the plastic taut.

Roll three more times around. Cut the plastic from the roll.

Twist the ends of the plastic in opposite directions until the roll is tight.

Tie the ends with string.

## 9 Cook roulade at 149 °F / 65 °C

*The roulade takes about 60 minutes to cook.*

10 **Gently dry skin**

*Remove the roulade from the plastic, and blot the skin with a paper towel.*

- Oil for frying, as needed

11 **Heat frying oil to 380 °F / 193 °C**

Heat 3 L of oil in a fryer or deep pot.

Or heat a half-inch of oil for pan-frying. Be careful; the oil likes to pop.

12 **Fry until brown and crispy**

Fry roulade until the skin is brown and crispy.

This should be quick. The chicken is already cooked, so all you need to do is finish the skin.

Remove with slotted spoon, and let drain on paper towel.

13 **Slice, and serve**

**Make it a meal!**