
Bobby Flay Chicken Roulade Recipe [HOT]

this was the most delicious chicken dish ever! i have never tasted chicken so tender. the gravy was divine and the lemon chicken sauce was the perfect combination to make the chicken moist and delicious. i will make this chicken dish again and again! preheat oven to 400 degrees f. toss the chicken with the salt, pepper, and parsley in a large bowl. place 4 slices of bacon in a 12-inch skillet over medium heat and cook until crisp, 5 to 6 minutes. transfer to a large bowl and set aside. add the chicken and the garlic to the skillet, and cook, turning the chicken occasionally, until browned on both sides, about 5 minutes total. transfer to the bowl with the bacon. stir in 1 cup of the bread crumbs. mix together the milk, eggs, 2 teaspoons of the salt, and the nutmeg and whisk to combine. stir the bread crumbs and chicken mixture into the egg mixture, then fold in the ricotta and the remaining 1 cup bread crumbs. season with the remaining 1 teaspoon salt and pepper. grease a 9-inch springform pan with cooking spray and transfer the mixture to the pan. drizzle with the olive oil and sprinkle with the remaining 2 teaspoons parsley. bake for about 20 minutes, or until the top is golden brown. run a knife around the edge of the pan, then carefully remove the sides. top with the cheese and the remaining 4 slices of bacon. return the pan to the oven and bake, uncovered, until golden brown, about 20 minutes more. transfer to a wire rack to cool for 20 minutes before slicing. serve with the grapefruit sauce. in a large bowl, whisk the egg and milk together. season with salt and pepper. dump in the bread crumbs and mix well. add the chicken, bacon, garlic, ricotta, thyme, salt and pepper. mix well. form the mixture into a roll (like a jelly roll) using your hands. place the roll in the skillet, seam side down. cook over

medium heat until golden brown, about 4 minutes on each side. remove from the heat and cover with foil. let it sit for 5 minutes before slicing. serve with the grapefruit sauce.

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