**Gourmet Meals Foods 11/12**

***Chicken Pinwheels***

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***Mushroom Top Potatoes***

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***Blanched Green Beans***

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***Velouté Sauce***

***One recipe per unit***

Chicken Pinwheels

1 chicken breast

Olive oil

Butcher’s twine or string

Pre-heat oven to 375˚ F

1. Debone chicken breast, keeping skin on.
2. Cut chicken breast lengthwise into approximately 5 – 6 strips.
3. With skin side down, roll one strip of chicken into a small circle. Continue to wrap each piece around the last making sure to overlap each new piece. It should look like a pinwheel or snail shell.
4. Tie the pinwheel with a piece of string to hold its shape. Wrap string around the centre 2 times – do not pull too tight! Tie in a knot.
5. To cook, pan sear over med-high heat with the presentation side first (skin side down) in a little olive oil. Then turn over so skin (seared) side is up.
6. Place the skillet with chicken in the oven and bake for 20 minutes or until no longer pink inside.

Note: If you are preparing this in a skillet with a handle that is not oven safe, transfer chicken to a lightly greased pan before placing in oven.



Mushroom Top Potatoes

4 - 5 (one per person) red nugget potatoes

Olive oil

Pepper

1. Cut around the “equator” of the potato about ½ cm deep.
2. Select which end of the potato will be the “mushroom” cap or top.
3. Trim away bottom half of the potato in ½ cm deep sections leaving a “stem” similar to a mushroom stem.
4. With the tip of a paring knife, carve small dots out of the top of the potato to look like a “mushroom cap.”
5. Boil potatoes in water for 10-12 minutes until just fork-tender.
6. Drain and toss with a small amount of olive oil to coat. Sprinkle with fresh black pepper.
7. Bake on a baking pan for 10 minutes or until paring knife can be easily inserted.

Blanched Green Beans

8 - 10 green beans (2 per person)

Olive oil

Pepper

Bowl of ice water

1. Trim the ends of the green beans and wash under cold water. Bring a large pot of water to a boil and boil the beans for 2 minutes.
2. Fill a small mixing bowl with cold water and 250 ml of ice. Leave in sink.
3. After 2 minutes of cooking, drain the beans and immediately plunge into ice water bath. This will stop the beans cooking further.
4. Once cooled down, remove the beans from the water, pat dry with a paper towel and place in a baking pan.
5. Sprinkle and toss the beans with a little olive oil and pepper.
6. Place on baking pan with potatoes for the last 5 minutes to finish cooking.



Veloute Sauce

15 mL margarine

15 mL flour

f.g salt

dash white pepper

125 mL chicken stock (125 mL hot water + 5-7 mL stock/base powder)

1. In the skillet that had cooked the chicken, melt butter over medium heat. Scrape the chicken drippings from the bottom of the pan and whisk in flour, salt and pepper until smooth.
2. Gradually whisk in chicken stock.
3. Bring to a boil; cook and stir for 2 minutes or until thickened.
4. Use immediately by placing a spoonful of sauce in the centre of your plate. Arrange chicken off-centre with the vegetables attractively placed around it.