

Convection Roasted, Stuffed Chicken Breast

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Ok this is an easy one. It is also a good way to practice tying a **roast**. Tying helps not only in presentation but it allows it to cook more uniform and allows the roast to retain more moisture.

Filling possibilities are endless*. I used some left over beets sautéed with some greens.

Ingredients:

4 skin-on Chicken Breast

3 medium size Cooked Beets** peeled and chopped into small cubed

1 T coconut oil

1 shallot, small dice

1/2 thumb size piece of ginger, peeled and small dice

3 cups of braising greens (spinach, kale or micro-greens work)

1/2 cup Panko

2 teaspoons of Saracha

2 Teaspoons Bragg's Liquid Amino (or soy sauce)

1/4 cup rice wine

Salt & black pepper to taste

Make the stuffing first. On a medium/high heat, place a large saute pan or pot. After two minutes add oil, 30 seconds later add shallots. Cook for a minute and add beets, ginger and cook for a few minutes, stirring so nothing sticks to pan. Add Saracha and wine, stir and cover with greens. Once they begin to wilt, liquid amino, stir then add Panko. Mix to incorporate all of the ingredients then place into refrigerator to cool.

Set your oven to 375°

Using a paring or utility knife, carve along the bone to separate from the meat.



Bone-in chicken breast



Then use the knife to remove the white vein from the tenderloin.



Then make a butterfly cut into the thick side and fan it open to make it larger.



Cover in plastic wrap and lightly pound with a meat mallet or rolling-pin (or bottle of wine)



Remove top plastic and season chicken with salt & pepper. When stuffing, use little amounts and roll closed to see how much falls out. Or split your filling into four portions and use accordingly.



Use the plastic wrap underneath to Roll over to close (the chicken breast not
You 😊

Then tie with butchers twine or kite string. Use about a 2.5' piece.

Wrap one end and make a knot,then start about 2" apart with loop and knot.



When you reach the end take the string underneath and tie with a piece from the start.

If you have **Convection** Mode in your oven use it. If not no problem, it just takes a bit longer and wont crisp up as much. Place it in on the middle rack and cook for about 35 minutes or if using a meat probe, when the temperature reaches 175° internally. Let it rest for about 10 minutes before cutting off the strings and slicing the roast.

*Leftovers are a great stuffing, just make sure if it has a lot of moisture add some breading to it to absorb some of the liquid. For example, meatloaf, sausage & peppers, spaghetti,bacon&eggs, stir fry vegetables, just to name a few.

**You do not want to cook some beets just for this recipe. They take too long for a stuffing. Most salad bars have them and now many markets have them in

the produce section, cooked & vacuum sealed. They are a great filler for color and flavor.

Enjoy!