



Cranberry Chicken Rolls

Serves 4 people

Ingredients

4 chicken escalopes
4 fl oz (115 ml) of cranberry juice
2 tbsp of vegetable oil
½ tsp of arrowroot mixed with ½ tsp of water
salt and pepper

For the stuffing

6 oz (170 g) of seedless red grapes
3 ½ oz (100 g) of cranberries
1 large red apple, quartered
1 tbsp of honey
2 tsp of finely chopped fresh ginger
½ tsp of ground allspice

PREPARATION

1. First of all prepare the stuffing. To do this, finely chop the red grapes, cranberries and apple.
2. Pour the fruit into a sieve with a bowl placed underneath and drain off the fruit juices. Set the juice aside until later.
3. In a separate bowl mix together the chopped fruit, honey, ginger and allspice until all ingredients are thoroughly and evenly combined.
4. Take the chicken escalopes and place them on a clean board. Season with salt and pepper.
5. Next, spread the fruit stuffing evenly over the escalopes, leaving a gap around the edges so that the stuffing will not fall out during cooking.
6. Carefully roll the escalopes, trying to keep the stuffing inside as you do so, and then secure the end in place with cocktail sticks or tie the escalopes in several places with string.
7. Heat the vegetable oil in a large frying pan, add the four stuffed escalopes and gently cook them for 5 - 7 minutes until all sides of the chicken have browned nicely. Cook on a fairly high heat.
8. Then add the drained fruit juice from earlier and the cranberry juice, stir together and bring to the boil.
9. Reduce the heat, cover the frying pan with a lid and simmer gently for around 20 minutes. Turn the rolls several times during cooking to ensure that all of the chicken is cooked through.

10. After 20 minutes remove the chicken rolls from the frying pan and set aside, keeping them warm.
11. Bring the liquid in the frying pan to the boil and continue to boil the liquid until it reduces to about 6 fl oz (170 ml).
12. Then add the arrowroot and water and boil for another 2 minutes. This will then be ready to serve as a sauce.
13. Cut the string or remove the cocktail sticks from the chicken rolls. Slice the chicken rolls into 1-inch slices and serve with the sauce.