

eismann

Chicken Swirls



Chicken Swirls – 4 portions

2 ½ hours prep time

30 minutes cooking time

Ingredients 8607 – Eismann Marinated Chicken Breasts – defrosted – x4
Plain Flour – 225g
Butter – 150g
Cold Water – 150ml
Lard – 30g
Salt – pinch

Preparation

Sift together the flour and the salt, rub in the lard then stir in enough water to make a soft dough. Wrap in cling film and chill in the fridge for 20 minutes.

Put the butter between 2 sheets of greaseproof paper and roll into a 10cm x 7.5cm rectangle using a rolling pin.

Roll out the chilled dough to make a 12.5 x 25cm rectangle. Place the butter on the dough in the middle and bring the corners of the dough together to make an envelope. Chill for 10 minutes.

*Roll out the envelope on a floured surface to make a rectangle 3x longer than wide. Fold one third into the middle and the other third over this. Seal the edges with a rolling pin and turn 90 degrees. Repeat this sequence again then chill for 30 minutes.

Repeat the entire * section above another two times so the pastry has been rolled and folded 6 times in total.

Pre-heat the oven to 220C / 425F / Gas Mark 7.

Once the puff pastry is ready, roll out so you have a 20 x 50 cm rectangle. Cut this lengthways into four strips.

Wrap the pastry around the chicken breasts to form a swirl of puff pastry leaving gaps so the chicken shows through.

Cook in the oven for 30 minutes.

Always ensure poultry is at least 72C and the juices run clear before serving.