

Rolled Chicken on the Egyptian way

I'd love to introduce you my favourite Rolled Chicken Recipe that I love very much . It reminds me with those days in summer when I was a child when the whole family are gathered in a feast , party or when we travel back to Egypt with those chicken rolls are in the middle decorating the table with those little shiny caps of foil that was attracting me much to eat them and the taste that was full of flavors and very delicious .Every one likes the rolled chicken in my family. 🍗😍

In my country “Egypt” ❤️ it's a one of the folkloric recipes it has another name actually it's the commonest name it's called “The Lying Pigeons “ as they look like stuffed pigeons and it's another folkloric recipe .The chicken rolls originally stuffed with rice or freetkeh although, every family has its recipe and its type of stuff. In my family, we stuff it with mushrooms or peas and carrots as will be presented to you in this Instructable . 😊

Also I will show you a recipe of rice we serve it with the chicken rolls you will never get enough of it soooooo delicious.

Ingredients

(1)Chicken rolls

- chicken (5 pieces breasts or thighs)
- 3cups boiled water
- 6 onions (4 mince + 2 wedges)
- 3 carrots (grated)
- 1 cup peas
- 1 tsp Onion powder
- 1 tsp Garlic powder
- Salt
- pepper
- Cardamom (5 pieces) (you can find it online or in grocery)
- 3 tbs Vegetable oil



(2)Rice

- 2 cups Egyptian Rice
- 2 cups chicken stock
- 1 onion (medium size)
- 1 tbs tomato paste
- 1/2 tsp cinnamon
- Salt
- Pepper
- 5 tbs Vegetable oil (2 for onion + 3 for rice)



Equipments

- Large pot
- Skillet or wok
- Baking pan / glass pan
- Plastic wrap /stretch film
- Tin foil



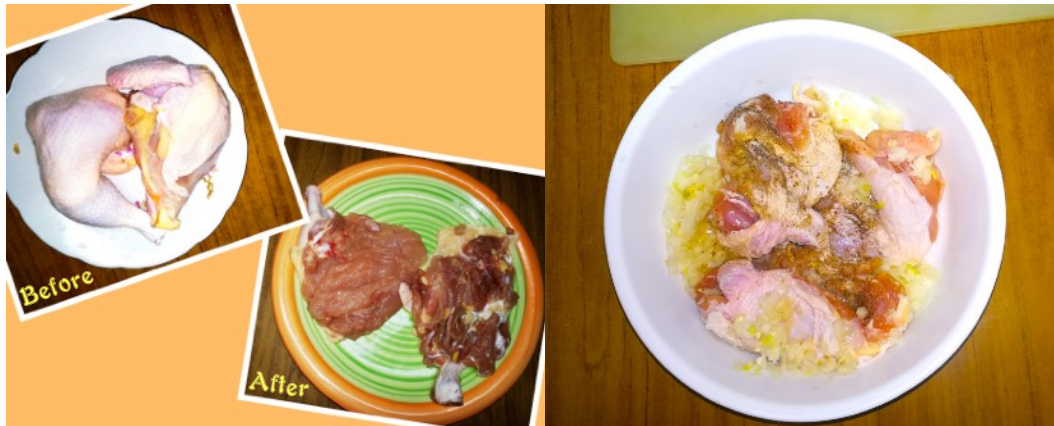
Method

(1) Chicken rolls

1. First you should prepare the chicken pieces and debone them **leaving skin and small bone at the end** giving its characteristic shape "I linked a video showing how to remove bone from breast or thigh of chickens" (<https://youtu.be/p4KRbzhCs5A>)

*or you can use fillet breast with or without skin it's much easier 😊 but you will not be able to add the tin foil cap at the end as I will show you.

2. Then put the chicken with 2 minced onions and salt, pepper, powdered onion and powdered garlic



chicken with minced onions and seasonings

3. Leave it overnight or for 4-6 hours in the fridge

In Egypt we use onions in many recipes and with large amounts to get the wanted flavour and we love onions

4. For The filling, In skillet or wok put vegetable oil and heat it then add 2 minced onions to it and stir till it golden brown color

5. Add carrots, peas, salt and pepper to it and give them a stir for 1 minutes, as it will be cooked well inside the chicken

6. Set aside to be cooled

•**NB*** the leftover of the filling may be continue its cooking process on medium heat with stir and served with rice and chicken as salad or side dish or even garnish over the rice (presented at last photo)



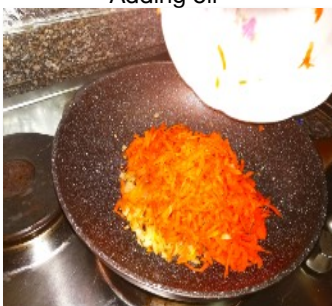
Adding oil



onions



Golden onions ☀️



Adding Carrots



Adding Peas and salt



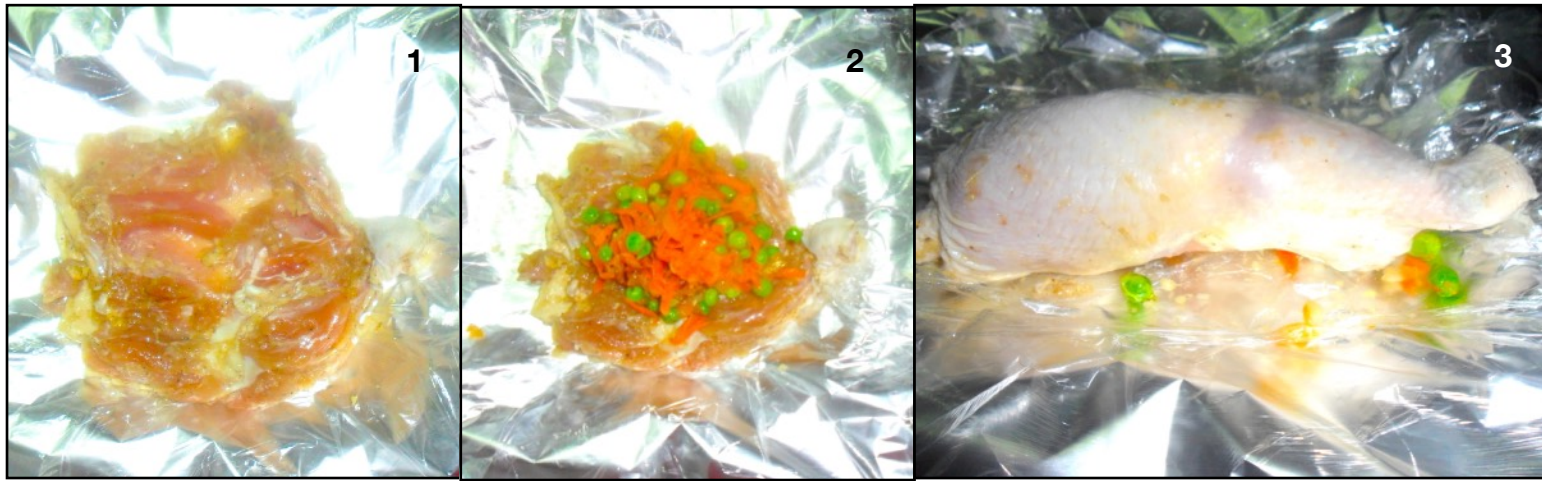
Pepper



7. Rolling , The chicken will be rolled in Plastic wrap /stretch film and tin foil over it

9. Put a piece of foil and Plastic wrap on a plate then put chicken on it with the skin down

10. Put the filling in the chicken , roll it and secure it with the Plastic wrap then tin foil over it and the peripheries of the foils rolled and secured properly as shown in photos



Chicken with skin down

Add the filling

After rolling



Rolled in cling film

Rolled in tin foil

11. Put the chicken rolls in the glass pan/baking pan and put the onion wedges , Cardamom, salt and pepper and 3 cups boiled water , cover the pan with foil



Onions and water adding



Salt and pepper and cardamom are added rest of chicken rolls will be placed then enter the oven

12. Put it in the middle of the oven at 200°C (390°F) for 1 hour then remove it from the oven remove the foil and plastic film and leave part of foil on the small bone at the end of the chicken roll and put it back in oven so the skin take a golden color for 10-15 minutes
13. **NB:** If you use **fillet chicken without skin** you should be careful when re-entering the pan after removing the foil from them as the chicken would be tough so **put some onions** from the pan on them and put in oven for 5-10 minutes



After 1 hour and removal of foil leaving a part of foil on the small bone at the end of the chicken roll



Finished well cooked chicken rolls

(2)Rice

1. In a pot add 2 tbs vegetable oil then add the rice stir it on medium to high heat until it becomes brown in color . It takes about 20 minutes then set aside .
(It's roasted rather than fried rice as the amount of oil is not much)
2. Put 2 tbs vegetable oil in skillet or wok and heat it then add the minced onion to it and stir till it turns into golden brown color
3. Add the tomato paste , chicken stock , cinnamon ,salt and pepper and till it boils.
4. Then add the the stock mix to the rice on high heat and stir till the rice absorbs most of the water then lower the heat to low heat and stir the rice every 5 minutes till it well cooked it takes about 15-20 minutes

•NB

- *Well cooked rice should be easily smashed between the fingers or not grainy or crunchy in chewing .
- **You should check if the rice wants more water when it's not get done and it's dry so you should add a little water to it and continue its cooking process.
- *** You can serve the chicken rolls as a whole piece or you can slice it as presented in the photos



Adding oil



Adding Rice



The color of finished golden brown



Onions added to oil



Adding tomato paste



Adding chicken stock



Adding stock mix to the rice



The Rice served with the chicken Rolls sliced or as a whole and garnished with the rest of the filling mix