



# Tchad:

COOKING FOR CONSERVATION  
A gastronomic safari



Serves 8

## Chicken roulade with cous cous salad

### FOR THE CHICKEN

8 deboned chicken legs, with skin

1/2 cup (100 g) goat cheese

40 grams red onion confit  
(page \_\_)

3/4 cup (100 g) mixed nuts

1/8 cup (15 g) dried  
cranberries

1 clove fresh garlic

1/2 tsp (2 g) ras al hanout  
(below)

### FOR THE RAS AL HANOUT

1/4 tsp (1 g) ground cloves

3/4 tsp (3 g) ground allspice

1/2 tsp (2 g) cayenne

1/2 tsp (2 g) ground coriander

1/2 tsp (2 g) white pepper

3/4 tsp (3 g) black pepper

3/4 tsp (3 g) cinnamon

1 tsp (4 g) turmeric

1 1/4 tsp (5 g) ground ginger

1 tsp (4 g) ground cumin

1 tsp (6 g) salt

### FOR THE COUS COUS SALAD

1 cup (200 g) cous cous

1 cup (200 ml) cooking liquid  
(chicken stock or water)

1/2 tsp (3 g) salt

2 tbsp (30 g) tomato paste

1 tbsp (15 g) harissa paste

2 tbsp (30 ml) lemon juice

1 clove garlic, minced

1/8 cup (5 g) fresh basil,  
chopped

1/8 cup (5 g) fresh mint,  
chopped

1/2 tsp (2 g) ras al hanout

1 red onion, small diced

3 carrots, thinly sliced

1/2 zucchini, thinly sliced

salt and pepper to taste

*On the original menu, there was an evening where chicken was going to be served with a cous cous salad. I remember standing at the counter and changing what would have been pan-seared chicken breast to chicken roulade. I like this dish because it is a westernised cooking technique but still includes the spices of the region.*

---

**Special equipment:** industrial strength cooking cling film (Industrial strength plastic won't melt in the boiling water, whereas generic store bought plastic often will, and then it is a big mess!)

When deboning the chicken legs, do your best not to cut through the skin as it will make your life easier when you stuff and roll the legs. If you have a food processor, blend the nuts and the dried cranberries until they're fine in texture, preferably with a few medium size pieces remaining. Place the nuts, goat cheese, onions, cranberries, garlic, and ras al hanout in a bowl and mix with a wood spoon until well combined. Form into cylinders just slightly shorter in length than the chicken legs. Place on a tray and into the freezer to firm the mixture before stuffing.

Now prepare the chicken by stuffing the legs with the cooled cheese mixture. Gently roll up in plastic to form the roulade, roll the plastic very tight around the chicken, securing each side with cooking twine. This roll should be very tight around the chicken with no air bubbles. When squeezing the wrapped roulade, it should be as firm or firmer than a cooked sausage. Place the rolls into a large pot with water, bring the water to a slow simmer and cook for 30 minutes while you prepare the cous cous.

To cook the cous cous, place in a heatproof bowl, boil the chicken stock with the 1/2 tsp salt and pour over the cous cous, wrapping the bowl with cling film and set aside for 10 minutes or until the liquid is fully absorbed. In the meantime, combine the lemon juice, harissa, and tomato paste. Sauté the onions, carrots, and zucchini until al dente. Add the spices and the garlic and toss a few times to coat the vegetables. Using a fork, fluff the cous cous to break apart any big chunks. Add the cous cous to the pan with the vegetables and gently toss or stir to combine the ingredients. Pour the lemon juice mixture over the cous cous and toss to coat evenly. Taste for seasoning, adding salt and pepper if needed.

To finish the chicken, remove from the water and drain off slightly. Remove the legs from the plastic and lightly season the skin with salt and pepper. Heat olive oil in a non stick frying pan and fry the chicken on medium heat to brown all sides of the roulade. Slice the chicken and serve with the cous cous.



### MAKING IT VEGETARIAN

*Change the chicken with grilled strips of eggplant and use a bit of left over basil pesto from the zucchini spaghetti first course and Voila! you've got a delicious vegetarian entree to serve with the same cous cous salad (just make sure the cous cous is cooked with a vegetarian stock or water instead of the chicken stock!).*

*For the eggplant, you may need 2-3 strips per roulade. If you're making for two people, one eggplant should be more than enough.*

---

1-2 eggplants, cut into strips lengthwise  
the same goat cheese stuffing from the recipe opposite  
olive oil

Lay the eggplant pieces out on a flat surface and sprinkle each side with salt. Allow to sit and sweat for 10-15 minutes. Rinse the pieces and pat dry. Lightly season the pieces with salt and pepper and sprinkle with olive oil. Grill on medium heat until cooked through and malleable. Remove from the heat and allow to completely cool.

On a piece of cling film, overlap 2-3 eggplant pieces and place the cold prepared pieces of the goat cheese mixture on top. Using the plastic, roll the eggplant over the goat cheese stuffing to form the roulade. Secure one end with kitchen twine and then roll the the roulade while holding the other end to tighten the piece. This will help the roulade to keep it's shape when you unwrap and reheat. Secure the other side with more kitchen twine.

Just before service, remove the cling film and fry in a bit of olive oil to reheat. Slice and serve with the cous cous and basil pesto.