

DSAT Virtual Cooking Class
Monday, March 30, 2026
Chicken Roulade and Roasted Potatoes

Tools:

Medium Pot
Colander
Large Skillet
Pairing Knife
Butcher Knife
Cutting Boards (2: separate board for meat and vegetables)
Small Bowl
Medium sized bowl.
Butcher String or Cull Fat
Tongs
Roasting Pan
Cookie Sheet

Steps:

1. Preheat Oven to 450 degrees.
2. Cover potatoes with at least 2 inches of water and bring to boil. Cook for 10 minutes. 3. While the potatoes are cooking, mix Ricotta, garlic, salt and pepper and julienne spinach. 4. When you can pierce the potatoes easily with a fork, drain them in a colander. Shake them around a bit so they fray a bit at the edges.
5. Generously coat potatoes with oil, salt, pepper, parsley and garlic powder.
6. Pour the potatoes into a roasting pan and put in the oven.
7. While the potatoes are cooking, assemble the roulades.
8. Heat a skillet with oil for a few minutes. Brown the chicken about 1-2 minutes each side. Once they are browned, Remove from heat.

9. Check on the potatoes. They should be starting to brown. If they are, reduce the heat to 400 degrees and place the chicken in the oven.
10. Bake the chicken and the potatoes for another 10-15 minutes. Serve.

Chicken Roulade with Ricotta and Spinach

Serves 2:

Ingredients:

1 boneless, skinless chicken breast
¼ cup of ricotta cheese
2 tablespoons of dried Parmesan
1 garlic clove minced
1 cup of spinach julienned
salt and pepper to taste
2-3 tablespoons of neutral oil: sunflower, canola, corn

Directions:

Preheat oven to 350 degrees.

In a small bowl mix ricotta, garlic, salt and pepper.

Lay chicken breasts on a cutting board. Using a spoon, spread the ricotta mixture evenly. Place spinach leaves on top and roll tightly. Fasten with string or cull fat.

Put oil in a skillet. Heat to medium. Using tongs, gently add the chicken breasts to the pan and fry on medium low heat until outside is golden brown. About 1-2 minutes per side. Put the chicken in a baking dish and continue to bake for 10-15 minutes.

Roasted Potatoes

Ingredients:

½ pound new potatoes washed

2 tsp salt
1/4 – 1/2 cup of oil
1 teaspoon of garlic powder
1 teaspoon of parsley
salt and pepper

Directions:

1. Preheat oven to 450 degrees.
2. Put potatoes in a large pot and cover with at least 2 inches of water.
3. Toss in a 2 teaspoons of salt.
4. Bring to boil and reduce to simmer for about 10 minutes.
5. You should be able to poke potatoes with a fork and they should give a bit of resistance.
6. Drain potatoes and rough them up a bit in the collander. Place in bowl and toss with oil, garlic powder, salt, pepper and parsley flakes.
7. Put potatoes in a baking dish and place on the middle rack.
8. Roast for 20 – 30 minutes, until golden brown.