



Chicken Pastry Rolls

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 6

PREPARATION: 30 MINUTES

REFRIGERATION : 3 HRS

TRADITIONAL COOKING: 50 MINUTES

HYPOTOXIC COOKING: 2 H 30

INGREDIENTS

Pastry:

- [Pie crust recipe](#)
(I really like the [coconut oil pie recipe](#))

Filling:

- 30 ml (2 tbsp) light olive oil
- 1 red onion, finely chopped
- 1 red pepper, finely chopped
- 227 g (8 oz) white mushrooms, sliced
- 2.5 ml (1/2 tsp) salt
- 2.5 ml (1/2 tsp) ground sage
- 1 ml (1/4 tsp) ground cinnamon
- 2 pinches ground cloves
- Pepper, to taste
- 454 g (1 lb) ground chicken
- 60 g (1/4 cup) white wine

Bechamel:

- 30 ml (2 tbsp) light olive oil
- 60 ml (4 tbsp) all-purpose flour "[La Merveilleuse](#)"
- 125 g (1/2 cup) plant-based milk substitute
- 125 g (1/2 cup) white wine
- 1 ml (1/4 tsp) salt

Beaten egg, if desired, to glaze the crust when cooked



It will surprise your guests, as much by its originality as its purely delicious taste!

PREPARATION

Pie crust:

1. Prepare the pie crust recipe according to the instructions. Be sure to prepare it in advance, the day before the rolls are cooked.

Filling:

1. In a large skillet, heat oil and sauté onion, pepper and mushrooms over medium-low heat for 5 minutes.

2. In a small bowl, combine salt, sage, cinnamon, cloves and pepper. Add this mixture to the vegetables and continue cooking for another 5 minutes, stirring frequently.
3. **Traditional cooking:** Add chicken and continue cooking, stirring, until cooked through. Then add the wine and reduce until the liquid has completely evaporated.
Hypotoxic cooking: Remove vegetables from heat, add chicken and wine and stir well. Place the mixture on a baking sheet lined with parchment paper and bake in a preheated oven at 230° F (110° C) on the center rack for about 30 minutes or until the meat is cooked through. Break up the meat with a fork halfway through cooking. Afterwards, continue the recipe as indicated.

Bechamel:

1. In a small saucepan, heat oil and flour over low heat, stirring constantly with a whisk. Cook for about 3 minutes, stirring, allowing the flour to cook.
2. Add plant-based milk substitute, white wine and salt, stirring vigorously with a whisk.
3. Bring to the boiling point, stirring constantly, until thickened (this is a very thick bechamel, as it acts as a binder).
4. Mix together the filling and béchamel and let cool completely in the refrigerator. In order to speed up the cooling, you can pour the mixture onto a plate.

Rolls:

1. **Traditional cooking:** Preheat the oven to 350 °F (180 °C).
Hypotoxic cooking: Preheat the oven to 230 °F (110 °C).
2. Delicately, using a rolling pin, roll out some of the pie dough on a floured surface, on one side, without turning it over. Make sure it doesn't stick to the work surface by lifting it regularly and flouring it again, if necessary.
3. Cut a rectangle of dough 30 cm x 36 cm (12" x 14").
4. Spread the filling over the entire area of the dough, avoiding pressing too much as this would cause the dough to adhere to the work surface.
5. Roll the dough, starting on the longest side. Then cut into rolls about 4 cm (1.5 inches) thick.
6. Place these slices on a glass pie plate or a rectangular glass pan, lightly oiled.
7. If desired, decorate the top of each slice with pieces of crust cut with a cookie cutter. Brush, if desired, with beaten egg to give a golden flair.
8. Bake on the bottom rack of the oven according to the time indicated for the chosen cooking method or until the rolls are golden brown.