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Roll-Ups

The French—and fancy—word is roulade, and it describes a practical way to assemble and cook multiple ingredients simultaneously. The presentation is always impressive. See the Chicken Roulades with Goat Cheese and Asparagus (*pictured below*). That's the Easy recipe. Cold and sliced crosswise, the roulades are a guaranteed hit for sandwiches. Then once I was cleaning out my fridge and in a moment of inspiration, I used thawed tofu skins to wrap leftovers, and Crisp Stuffed-and-Rolled Tofu Skins (*recipe not included*) were born. (The filling is based on freekeh, cracked green “immature” wheat similar to bulgur.) The Marrow Bone Lamb Rolls with Berbere Tomato Sauce (*recipe not included*) showcase a nontraditional use for a classic mix of warm spices. They're as dramatic as they are delicious.

CHICKEN ROULADES with goat cheese and asparagus

makes: 4 servings

time: 30 minutes

1 pound asparagus, tough bottoms trimmed

4 tablespoons olive oil

Salt and pepper

8 chicken tenders (about 1½ pounds)

4 ounces fresh goat cheese

½ cup dry white wine or water

2 tablespoons chopped fresh herbs (like parsley, chives, basil, or mint, or a mixture)

1 lemon, cut into wedges

1. Heat the oven to 450°F. Put the asparagus in a large ovenproof skillet. Drizzle with 2 tablespoons oil, sprinkle with salt and pepper, and toss to coat the spears. Remove the asparagus and divide into 4 equal portions.
2. Put 2 tenders flat on a plate so they overlap a little; dab a quarter of the cheese on top. Put one portion of asparagus perpendicularly on top of the chicken and cheese (it's fine if both ends are sticking out). Roll the chicken to enclose the asparagus and secure with 1 or 2 toothpicks. Transfer the roll to the pan and repeat with the remaining ingredients.
3. Sprinkle the rolls with salt and pepper and drizzle with the remaining 2 tablespoons olive oil. Roast until the asparagus is browned in places and the chicken is no longer pink inside, 20 to 30 minutes.
4. Transfer the chicken to serving plates and put the skillet over high heat. Add the wine and cook, scraping up any browned bits from the bottom of the pan. Add the herbs and as soon as the liquid starts to reduce, pour it over the chicken and serve, garnished with the lemon.



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