

## Family and Consumer Sciences 2012 Conference

### Roulade Preparation

Presented by Greg Prososki C.E.C. Corporate Chef Blendtec

#### Classic German Rouladen

4-4oz Flank Steaks  
1t Dijon Mustard  
4 Strips Bacon half cooked  
Red Onion Juliennes  
4 Dill Pickle Spears  
2T. Oil  
S & P.  
Butchers Twine

#### Turkey w/ Garlic Artichoke and Romaine Roulade

4-4oz. Turkey Scallopines  
2 Cloves Garlic  
8 Artichoke Heart Quarters  
4 Romaine Leaves  
2T. Oil  
Butcher's Twine

#### Chicken w/ Arugula Red Peppers and Provolone Roulade

4-4 oz. Chicken Breasts  
2 Roasted Red Peppers  
8 ¾ oz.Slices Provolone Cheese  
12 Arugula Leaves  
S & P.  
Oil  
Butcher's Twine

#### Notes