

Shnitzel Roll Ups

Recipe By *Brynie Greisman*



Cooking and Prep:  2 h

Serves:  12

Contains:    

Preference: Meat

Difficulty: Medium

Occasion: Shabbat, Sukkot

Source: Family Table by
Mishpacha Magazine

I first tasted this at a sheva brachos that the special Scheinberg aunts made for my daughter Malka. The sheva brachos was magnificent, and this was one of the stars of the menu. I present it here as an appetizer, with a little tweaking of my own, although it was served then as a main dish. The schnitzel stays so moist and very flavorful. I love the fact that you can freeze it raw.

Ingredients (16)

Main ingredients

- 2 and 1/2 pounds (1 kilogram) chicken cutlets
- 3-4 pieces bread, or 1 large roll
- oil, for sauteing
- 3-4 large onions, diced
- 2-3 cloves garlic, diced
- 1/2 red and orange (or yellow) pepper, diced

- salt, to taste
- black pepper, to taste
- 1 (8-oz./225-g.) can sliced mushrooms, drained
- 2/3 cup **Gefen Mayonnaise** (low fat is fine)
- 1 and 3/4 teaspoons mustard
- 1 and 1/2 teaspoons honey
- 3 tablespoons ketchup
- Gefen Corn Flake Crumbs**, for coating
- Gefen Soy Sauce**, for drizzling

Sommelier Suggests

- Alfasi Reserve Pinot Noir**
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Start Cooking

Prepare Chicken

1. Line counter with a large clear plastic tablecloth, and even wear a pair of disposable gloves.
2. Pound chicken cutlets to an even thinness.
3. Shred the bread or roll into very small pieces and bake for 10 minutes or less in a 350 degrees Fahrenheit (180 degrees Celsius) oven (no preheating).
4. Meanwhile, heat a little bit of oil in a large frying pan.
5. Add onions and garlic and sauté for 15–20 minutes until nice and golden.
6. Add peppers and sauté an additional five minutes, and then add mushrooms and sauté another five minutes.
7. Add the bread pieces and mix together well.
8. Season generously with salt and pepper, and set aside.
9. In a small bowl, mix together the mayonnaise, mustard, honey, and ketchup. (Taste and adjust seasoning if necessary).

10. Fill each cutlet with a full tablespoon of the vegetable mixture, and carefully roll up.
11. Smear lightly on all sides with mayo mixture and then roll in cornflake crumbs, and place in a pan lined with Gefen Easy Baking Parchment Paper.
12. Drizzle soy sauce over the shnitzel rollups and cover pan tightly.
13. Bake in a preheated 350 degrees Fahrenheit (180 degrees Celsius) oven for 50 minutes, or until ready. (Alternatively, freeze the rollups until ready to use. When ready to bake, place directly from freezer into preheated oven and bake for one hour, covered)

Note: You might have leftover vegetables. If so, serve over rice or mashed potatoes or use in an omelet.

Tip: To serve as an appetizer, slice into pinwheel slices and place a few on a bed of baby lettuce.