

# CHICKEN CORDON BLEU

F EASY

Last Modified: 07/05/2014

PREP: 1 Hr 30 Min  
COOK: 30 Min  
OVEN: 350

CHICKEN

**MAKES 4 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
4	Whole	Chicken Breasts (Boneless / Skinless)	Pounded
4	Thin Slices	Prosciutto di Parma	
1/2	Pound	Gruyere Cheese	Shredded
1/4	Cup	All Purpose Flour	
1	Cup	Panko Bread Crumbs (Kikkoman)	
4	Sprigs	Fresh Thyme Leaves	Chopped
1	Clove	Garlic	Fine Minced
3	Tbsp	Unsalted Butter	Melted
2	Large	Eggs	Beaten
2	Tbsp	Heavy Cream	
3	Tbsp	Extra Virgin Olive Oil (EVOO)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1	Recipe:	Vegetables - Bacon, Brussels Sprout & Potato Hash	
1	Recipe:	Sauce - Stock - Roast Chicken Jus	

## PREPARATION

<b>FACTOID</b>	While the traditional "Americanized" version of Chicken Cordon Bleu simply makes use of common Deli Thin Sliced Ham and Swiss Cheese, This truly French version is MUCH more flavorful. When choosing your package of Prosciutto, pick one that has a few thin streaks of fat running through the lean.
<b>CAUTION</b>	This Recipe does NOT use toothpicks to secure the rolled Chicken Breasts. You just need to be a little gentle during the assembly process.
<b>TOOLS</b>	1) Small Roasting Pan 2) 3 Pie Tins 3) Micro Plane 4) Plastic Wrap
<b>PREP</b>	<b>DISH</b> 1) Shred the Gruyere Cheese and set it aside. 2) Chop the Thyme Leaves and set them aside. 3) Finely mince the Garlic Clove and set it aside.
<b>PREP</b>	Lay a Chicken Breast between 2 pieces of plastic wrap with the side the skin was removed from down. Using the flat side of a meat mallet, gently pound and stretch the Chicken Breast into a uniform 1/4 inch thickness that ends up nearly twice as large as the original Breast was. Repeat for the remaining 3 Chicken Breasts.

# CHICKEN CORDON BLEU

<b>1</b>	<b>1 Hour Before:</b> Remove the top sheet of plastic wrap and lay slices of Prosciutto neatly over the top to completely cover the Breast and sprinkle a quarter of the Gruyere Cheese over the top of the Prosciutto. Roll the Breast up tightly and tuck in the sides of the Breast to seal the ends (You should see ONLY Chicken - NO visible stuffings). Roll the Chicken Log inside the plastic wrap, while squeezing it tightly. Twist both ends tight to form a nice tight Log with no air inside. Repeat for the remaining 3 Chicken Breasts.
<b>2</b>	<b>1 Hour Before:</b> Refrigerate the plastic wrapped Chicken Logs for at least 1 hour. Preheat the oven to 350 degrees.
<b>3</b>	Place the Flour in a pie tin. Season the Flour generously with Salt and Pepper.
<b>4</b>	Place the Panko Bread Crumbs in a second pie tin. Season the Bread Crumbs generously with Salt and Pepper. Thoroughly mix the Bread Crumbs with the chopped Thyme, the microplaned Garlic Clove and the melted Butter. The Butter will help the crust to brown nicely without overcooking the Chicken.
<b>5</b>	Lightly beat the Eggs and Cream together and place it in a third pie tin. Season the Egg Mixture generously with Salt and Pepper.
<b>6</b>	Remove the plastic wrap carefully from each Chicken Log. Be very gentle during this coating process so that the chilled Chicken Logs still remain tightly rolled up. Lightly dust all surfaces of the Chicken Log in the Flour. Roll the Log in the Egg Wash Mixture so all surfaces are wet and coat all surfaces in the Bread Crumb Mixture, patting lightly so they adhere. Lightly coat the bottom of a small roasting pan with EVOO and carefully transfer the Roulades onto it so they are not touching. Sprinkle the top of each Roulade with EVOO. Bake for 25 to 30 minutes until lightly browned and cooked through. This will become horribly dry if cooked for too long.
<b>7</b>	Remove the Roulades from the oven and allow them to set for 15 minutes before plating to allow the juices to redistribute and the Cheese to melt a little more.
<b>SERVE</b>	Serve while hot with a side of Bacon, Brussels Sprout Potato Hash drizzled generously with Roasted Chicken Jus.





