

Mushroom and Gorgonzola Stuffed Chicken Breasts with Creamy Basil Sauce

A Phillis Carey recipe, from a cooking class Jan. 2013



CHICKEN:

- 4 pieces boneless skinless chicken breast halves
- freshly ground black pepper to taste
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 tablespoons shallots, minced
- 4 ounces mushrooms, crimini, coarsely chopped
- 1/4 cup vermouth, or other dry white wine
- 3 ounces Gorgonzola cheese, crumbled (or use goat cheese or Feta)
- 1 tablespoon fresh basil, minced
- 2 tablespoons olive oil, for browning chicken

CREAMY BASIL SAUCE:

- 1/4 cup vermouth, or dry white wine
- 1 cup heavy cream
- 1 pinch crushed red pepper flakes
- 1/2 cup fresh basil, chopped (with some for garnishing the top)

Servings: 4

1. Preheat oven to 375°. Trim chicken and cut a pocket in the thicker side/edge of each breast, by holding knife parallel to the breast and slicing to create about a 4-inch opening. Season the inside pocket with pepper.
2. FILLING: Heat 1 T. olive oil in a large skillet over medium heat. Add mushrooms and shallots and cook until tender. Add garlic during the last minute of cooking, and cook until the mushrooms are tender and most of the liquid has cooked away. Add wine and stir to scrape up any browned bits from the bottom of the pan. Pour mixture into a bowl.
3. To the mushrooms add crumbled gorgonzola and fresh basil. Stuff the chicken pockets with the mushroom mixture, pressing the outside edges together to seal (sort of). If time permits, you may refrigerate these for several hours before proceeding. If you have too much mushroom mixture, what's remaining can be added to the sauce later.
4. Heat 2 T. oil in the skillet you used for the mushrooms and heat over a medium-high heat. Add chicken breasts and brown them 2-3 minutes per side until they're nicely golden brown. Transfer the chicken to a baking sheet and place in the preheated oven for 12-15 minutes (depending on how big and thick they are), or until the chicken is cooked through.
5. SAUCE: Using the same skillet, add wine to the pan and cook, scraping up any browned bits from the bottom of the pan. Add the cream and red pepper flakes, then bring to a boil. Boil to reduce the sauce a little, until it's thickened some (about 3 minutes). Stir in basil and season with salt and pepper, if needed. Serve chicken breasts on heated plates, pour and pour sauce over the top. Garnish with additional basil shreds.

Per Serving (excluding unknown items): 558 Calories; 41g Fat (69.3% calories from fat); 34g Protein; 7g Carbohydrate; 1g Dietary Fiber; 169mg Cholesterol; 406mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 7 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
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