

Chicken Cordon Bleu Rolls in Creamy Mushroom Lemon Sauce

Phillis Carey, cooking class 2013



CHICKEN

4 boneless skinless chicken breast halves, about 5 ounces each

Salt and pepper to taste

4 teaspoons Dijon mustard

4 ounces Black Forest ham slices, very thin

4 ounces Swiss cheese, very thinly sliced

2 tablespoons unsalted butter, melted, to drizzle on top of rolls

CRUMB MIXTURE:

1/2 cup bread crumbs, plain (dry)

1/2 cup all-purpose flour

1/4 cup Parmesan cheese, freshly grated

1 teaspoon paprika

1 teaspoon garlic powder

1 teaspoon onion powder

EGG MIXTURE:

1 whole egg, lightly beaten

1 tablespoon water

CREAMY MUSHROOM LEMON SAUCE:

2 tablespoons unsalted butter

2 cloves garlic, minced

2 tablespoons shallots, chopped

1/2 pound button mushrooms, sliced

1 teaspoon fresh thyme, chopped (or fresh basil)

1/4 cup dry white wine, or vermouth

1 tablespoon fresh lemon juice

1/2 cup chicken broth

1/2 cup heavy cream

2 tablespoons flat leaf parsley, chopped

Servings: 4

NOTES: The ham - do buy Black Forest ham - a smoked ham. The dish needs that aromatic. If you use basil (instead of fresh thyme) don't add it into the sauce until the very last and you can sprinkle a little on top when serving, along with the parsley. The sauce is also wonderful on SALMON or even left over roast chicken.

1. Preheat oven to 350°.

2. Trim chicken and pound between two sheets of plastic wrap to an even 1/4 inch thickness. Season with salt and pepper.

3. Spread the surface with mustard. Top each with a slice of ham and cheese, folding and tucking so surface is covered. Fold in sides and roll chicken up to enclose the cheese. Place in baking dish, cover with plastic wrap and chill for several hours (this helps hold the rolls together).

4. EGG MIXTURE: Whisk egg and water in a flat bowl. CRUMB MIXTURE: Toss breadcrumbs with flour, Parmesan, paprika, garlic and onion powders in another flat bowl. Press chicken rolls in egg mixture and then breadcrumbs to coat well. Transfer chicken to a shallow baking dish (the one you used earlier), seam side down and drizzle the chicken rolls with melted butter.

5. Bake chicken for 30-35 minutes or until chicken is cooked through (cut a slice in the roll to make sure). Don't confuse the pink ham with the pink from any undercooked chicken. Ideally, cut chicken breasts into thick slices and fan them slightly on the plate and pour the mushroom lemon sauce over.

6. SAUCE: While the chicken is baking make the sauce. Have all ingredients ready before you start. Melt butter in a medium skillet over medium high heat. Add garlic and shallots and toss briefly. Add the mushrooms and thyme. Cook, stirring occasionally, until all liquid has cooked away and the mushrooms are lightly browned, about 8 minutes. Add the wine and lemon juice and bring to a boil, scraping up any browned bits from the bottom of the pan. Add chicken broth and cream and bring to a boil. Simmer until sauce thickens and reduces slightly, about 10 minutes. Stir in the parsley. Serve hot sauce on the chicken rolls.

Per Serving (excluding unknown items): 672 Calories; 37g Fat (50.7% calories from fat); 51g Protein; 30g Carbohydrate; 2g Dietary Fiber; 240mg Cholesterol; 787mg Sodium. Exchanges: 1 1/2 Grain(Starch); 6 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 6 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>