

Prosciutto-Wrapped Raspberry-Stuffed Chicken Breasts

火腿包釀雞胸



Ingredients

2 6oz skinless, boneless chicken breast halves
4 thin slice Prosciutto
½ cup Raspberry
¼ cup Panko
1 egg yok
2 tablespoon grated Parmesan cheese
2 teaspoon olive oil
1 teaspoon fresh oregano, minced
1 teaspoon fresh thyme, minced
2 cloves garlic, finely chopped
Salt and pepper to taste
Pinch of Paprika
½ cup chicken broth
1 tablespoon balsamic vinegar
1 tablespoon butter
1 ½ tablespoons balsamic vinegar

Cooking Method:

1. Preheat the oven to 400 degrees F (200 degrees C).
2. Brush the inside of an oven-proof skillet with vegetable oil. Set aside.
3. Combine raspberry, Panko, egg yolk, cheese, olive oil, thyme, oregano, garlic, salt and black pepper, Mix well .
4. Cut a 1-inch slit in each chicken breast by slicing at an angle from the thick end of the breast toward the thinner end. Open flap and place one butterflied chicken breast between two sheets of heavy plastic firmly pound chicken with the smooth side of a meat mallet to a thickness of 1/2-inch.
5. Put half the stuffing on each chicken breast, place each breast on a piece of plastic wrap and roll into a tight roll.
6. On a piece of plastic wrap, slightly overlap 2 slices of prosciutto so they are as wide as the rolled chicken breast roll prosciutto around the stuffed breast using the plastic to make a tight roll. Repeat with the second stuffed breast and remaining 2 slices of prosciutto. Tie it with string.
7. Bake Chicken Roll in the preheated oven until the prosciutto is browned and crispy and chicken is no longer pink, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove chicken to a plate and loosely cover with aluminum foil. Wait for 5 minutes
8. In a meantime, in a saucepan add 1 teaspoon butter and shallot cooking until fragrant, pour in chicken broth and vinegar and bring to a boil over high heat cook until liquid has reduced by half, about 5 minutes, season with salt and pepper to taste. Serve over Chicken roll

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配料

- 2 6oz 去皮，去骨的雞胸肉
- 4 片火腿
- ½ 杯覆盆子
- ¼ 杯麵包屑
- 1 個雞蛋
- 2 湯匙磨碎的帕爾馬干酪
- 2 茶匙橄欖油
- 1 茶匙新鮮牛至，切碎
- 1 茶匙新鮮百里香切碎
- 2 瓣大蒜，切碎
- 鹽和胡椒粉調味
- 少許辣椒粉
- ½ 杯雞湯
- 1 湯匙香醋
- 1 湯匙黃油
- 1½ 大湯匙意大利香醋

烹飪方法：

1. 將烤箱預熱至 400 華氏度 (200 攝氏度) 。
2. 用植物油刷洗烤箱的內鍋。擱置。
3. 混合覆盆子，麵包屑，蛋黃，奶酪，橄欖油，百里香，牛至，大蒜，鹽和黑胡椒，拌勻。
4. 從雞的較粗的一端向較細的一端傾斜一個角度，在每個雞的乳房上切一個 1 英寸的切口。打開皮瓣，將一塊塗有黃油的雞胸肉放在兩片沉重的塑料雞之間，用肉槌將光滑的一面打成 1/2 英寸的厚度。
5. 將一半的餡料放在每個雞胸肉上，將每個雞胸肉放在保鮮膜上，並捲成緊卷。
6. 在一片保鮮膜上，將兩片意大利熏火腿稍微重疊一點，使它們與用塑料製成的緊緊捲成卷的雞胸肉捲一樣寬。重複第二個填充的乳房，剩下的 2 片火腿。用繩子綁起來。
7. 大約 25 分鐘後，將雞肉捲在預熱的烤箱中烘烤，直到熏火腿變成褐色和酥脆，並且雞肉不再呈粉紅色。插入中央的即時讀取溫度計的讀數應至少為 165 華氏度 (74 攝氏度)。將雞肉移至盤子，然後用鋁箔鬆散地覆蓋。等 5 分鐘
8. 同時，在平底鍋中加入 1 茶匙黃油和青蔥煮至香，倒入雞湯和醋，並用高火煮沸，直至液體減半，約 5 分鐘，然後加鹽和胡椒粉調味去嚙嚙。服務於雞肉捲