

MARCH RECIPE

RECOMMENDED PAIRING: 2010 FIRRIATO 'CAMELOT' SICILIA IGT

INGREDIENTS

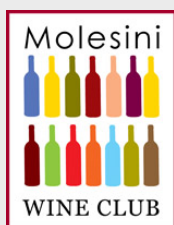
- Four 6-oz skinless, boneless chicken breast halves, butterflied and lightly pounded
- Salt and freshly ground pepper
- 8 large sage leaves
- 4 thin slices prosciutto di Parma
- All purpose flour, for dusting
- 2 tablespoons extra virgin olive oil (Tuscan if possible...)
- 4 tablespoons unsalted butter, cut into tablespoons
- 1/4 cup plus two tablespoons dry white wine
- 1 cup chicken stock or low-sodium broth
- Freshly grated parmesan (optional)

FAST & SIMPLE...

- Total time: 40 minutes

SERVING SIZE

4 people



CHICKEN SALTIMBOCCA

HOW TO PREPARE

Season the chicken with salt and pepper. Place 2 sage leaves on each breast. Top with a slice of prosciutto, trimming it to fit. Press the prosciutto to help it adhere to the chicken. Dust the chicken with flour, shaking off the excess.

Heat a large skillet. Add the oil and 2 tablespoons of the butter. Add 2 of the breasts, prosciutto side up, and cook over high heat until nearly cooked through, about 3 minutes. Turn the chicken and cook just until the prosciutto begins to shrink, about 1 minute. Transfer the chicken to a plate; repeat with the remaining chicken. Pour off any fat and wipe out the skillet.

Add the remaining butter to the skillet. Add the wine and cook over high heat until reduced by half, 2 minutes. Add the stock and bring to a boil. Cook until reduced by half, 3 minutes.

Return the chicken to the skillet, prosciutto side up, and simmer over moderate heat until the chicken is cooked through, about 2 minutes; season with salt and pepper. Transfer the chicken to plates, pour the sauce on top and serve. Top with grated parmesan as desired. Best served along whole grain rice or a simple spaghetti with olive oil.