

SEPTEMBER RECIPE

RECOMMENDED PAIRING: 2018 CACCIA AL PIANO BOLGHERI SUPERIORE DOC

INGREDIENTS

BRINE

- ¼ cup (60ml) sugar
- ¼ cup (60ml) kosher coarse salt
- 2 cups (480ml) water
- 8 sage leaves
- 3 sprigs fresh thyme
- 10 peppercorns
- 2 bay leaves
- 3 cloves garlic, peeled and split lengthwise in half
- ½ lemon, thinly sliced with peel
- 12 ice cubes

HERB OIL

- ¼ cup (60ml) Italian parsley leaves
- 5 sage leaves
- 2 cloves peeled garlic
- 3T (45ml) fresh lemon juice
- ¼ cup (60ml) olive oil

Ingredients continued on next page



CHICKEN SAPORITO

Saporito is the Italian word for tasty or having a savory flavor. This chicken dish is both delicious and saporito! Thanks to prosciutto and cheese, it pairs well with either red or white wine. Serve a pasta or risotto first course and plate this with a simple salad such as tomatoes, cucumbers, and red onions for a complete meal. Best of all, most of the work can be done in advance!

1. Prepare brine by placing all the brine ingredients, other than ice cubes, in a saucepan. Bring to boil, reduce heat, and simmer for 10 minutes. Remove from heat and pour into a bowl.
2. Let liquid cool for 20 minutes. Add ice cubes and stir. Once it has reached room temperature, the brine can be used immediately or refrigerated for up to 4 days in a nonreactive, covered container.
3. Prepare herb oil by chopping parsley, sage, and garlic in a mini blender. Transfer to a small bowl and whisk in lemon and olive oil. Use immediately or cover and refrigerate for up to 2 days.
4. Prepare chicken by placing the 2 sets of chicken breasts flat on a generous piece of parchment or wax paper. Cover with another piece. Use a meat pounder or the back of a cast iron skillet to pound the chicken into a uniform thickness, about ½ an inch (1.3cm). This takes muscles and time!
5. Place pounded chicken breasts in a nonreactive container and

INGREDIENTS: CONT'D**CHICKEN**

- 2 whole, halves connected in the middle, skinless, boneless chicken breasts
- 10 slices prosciutto
- 8 ounces (228grams) fontina cheese, sliced medium thick
- 6 pieces kitchen string, each about 12 inches (30cm) long
- 1 tablespoon (15ml) butter
- 1 cup (240ml) dry white wine

TIME

- Prep Time: 20 minutes + plus 3-6 hours for brining
- Cook Time: 45 minutes

SERVING SIZE: 4

cover with room temperature or chilled brine. Then, refrigerate for 3 to 6 hours.

6. Preheat oven to 375° F (190° C) when ready for final prep. Remove chicken from brine and pat dry.

7. Make 2 chicken bundles using a whole (2 halves) chicken breast for each. Open the breasts flat. Coat each of the 4 halves with the herb oil, using about ½ tablespoon on each of the 4 halves (2 tablespoons/30ml) in total. Place 2 slices of prosciutto on one side of each bundle, divide, and place cheese on top of the prosciutto, leaving a border along the edge. Wrap an additional slice of prosciutto around the outer edge of cheese, then top with two more slices of prosciutto. Fold the other half of the breast over the top and secure it by tying 3 strings evenly around the bundle.

8. Heat a cast iron skillet (large enough to hold both breasts) over medium-high heat. Add 1 tablespoon (15ml) butter and when it foams, add ½ of the remaining herb oil. Add chicken breasts and brown on each side for about 4 minutes, until golden. Remove from heat.

9. Add wine, distribute remaining herb oil over the top of the breasts, cover tightly with tin foil, and place in oven. After 15 minutes, turn breasts over, cover, and bake an additional 10 minutes. Remove from oven, place breasts on a cutting board, cover with tin foil, and let rest for 5 minutes.

10. Heat juices in the pan, whisking in any cheese that has accumulated. You can reduce this for a thicker sauce if you wish.

11. Slice meat on the diagonal, pour ½ of the pan sauce over the sliced breasts, plate, and drizzle with the remaining sauce

