

Chicken Saltimbocca

Serves 1 | Active Time: 30 minutes | Total Time: 45 minutes

Swick

Chef's Notes

SOME SUGGESTED SIDES:

Lemon Parmesan Orzo
Spaghetti Aglio e Olio
Lemon Garlic Rapini

OTHER NOTES:

This dish is perfect for a dinner party, as the first step can be done ahead of time. Place the chicken on a tray, and wrap tightly with plastic wrap. It can be stored in the refrigerator up to 1 day before cooking.

Cambozola cheese is a combination of creamy Camembert and blue Gorgonzola cheese. You can substitute with Blue Castello, Bleu de Bresse, (both are also creamy and mild). You could also substitute with Brie, Camembert or Gorgonzola dolce.

Preparing the Mise en Place

To prepare the saltimbocca, slice the cheese into 6 pieces. Thinly slice the garlic and cut each slice of prosciutto in half. Set aside.

Cut each chicken breast into 3 equal pieces and sprinkle with pepper. Tear each sage leaf in half and place on top, followed by the cheese and prosciutto. Cover with plastic wrap, and flatten to just under 1/2" -inch.

Step 1: Preparing the Mise en Place

- 3 oz cambozola cheese
- 1 clove garlic
- 3 slices prosciutto
- 2 chicken breasts
- freshly ground black pepper (to taste)
- 3 large, fresh sage leaves

Cooking the Chicken Saltimbocca

To cook the saltimbocca, preheat a stainless-steel pan over medium-high heat. Once hot, add the oil, followed by the chicken, prosciutto-side down. Let cook. Shake the pan periodically and once the chicken releases on its own, you'll know it's time to flip it. Don't worry if the cheese oozes out of the sides during cooking. This will make the sauce even tastier. Check for doneness and place onto a plate once done. Loosely tent with foil.

Make sure the surface of the pan is shiny with the oil that remains, adding a bit more if needed, to cook the second batch. Discard any excess oil. Off the heat, add the wine and garlic. Let simmer and reduce this to about 2 tablespoons, scraping up any browned bits from the bottom of the pan.

The sauce should look a little syrupy and have a nice sheen to it, before adding the stock. Bring this to a boil and reduce again by half. Once it looks syrupy again, turn off the heat and add the cold butter. Gently swirl until everything is melted and combined. Add the lemon juice and taste the sauce for seasoning.

Reduce the heat to low and return the chicken to the pan, pouring in any accumulated juices. Coat both sides of the chicken with the sauce. Place onto a platter, pour the sauce over top, and serve.

Step 2: Cooking the Chicken Saltimbocca

- 1 tsp olive oil
- 4 tbsp white wine
- 3/4 cup chicken stock
- 2 tbsp cold, unsalted butter
- kosher salt (to taste)
- juice of half a lemon
- freshly ground black pepper (to taste)