

Chicken Cordon Bleu (a la Gray)

- 4 boneless chicken breasts
- salt
- ground black pepper
- sliced prosciutto
- sliced Swiss cheese
- toothpicks
- 2/3 cup milk
- 1 egg
- 1 cup white flour
- 1 cup breadcrumbs
- 2 tablespoons butter
- 3.75 ounces minced smoked oysters
- 1 onion, minced
- 1 tablespoon flour
- 1-1/2 cups chicken broth ^[1] and/or white cooking wine
- 1/4 cup cream
- salt
- black pepper
- cornstarch or flour to thicken
- 1 sliced yellow onion
- extra virgin olive oil
- cooking oil
- sliced tomato
- salt
- black pepper
- fresh herbs (eg basil, chives, parsley)
- grated Parmesan cheese

Using a mallet, pound the chicken breasts flat. Then butterfly each breast (cut a pocket lengthwise in the side of the breast with a knife).

Sprinkle each side of each breast with salt and pepper.

Make four small rolls of prosciutto around Swiss cheese. Slip each rolled piece inside each of the four chicken breast pockets.

Place a slice of prosciutto on top of each chicken breast, with a slice of Swiss cheese over it, and use a toothpick to hold the whole piece together.

Combine 2/3 cup of milk and one egg in one bowl, 1 cup flour in a second bowl, and 1 cup of

breadcrumbs in a third bowl.

Soak each chicken breast in the milk, and dredge through the flour. Then dredge through the milk again, and then through the breadcrumbs. Place all the breaded breasts into the refrigerator for one hour. Meanwhile, prepare a sauce.

Melt butter over a low heat in a saucepan. Lightly saute minced smoked oysters and minced onions.

After the onions and oysters have browned a little, add a tablespoon of white flour, and whisk in for a couple minutes.

Add broth and/or wine, keeping heat low.

Stir in cream. Salt and pepper to taste.

Slowly thicken the sauce over a low heat. Remove a bit of the sauce to a separate bowl, and whisk in some cornstarch or flour, then return the contents of the separate bowl to the sauce.

Layer sliced onions in a casserole dish. Coat the sliced onions with extra virgin olive oil.

After the breasts have chilled, heat about 1/2" of cooking oil in a large frying pan.

Preheat the oven to 350 degrees Fahrenheit.

Sear each breast on each side quickly in the hot oil, til golden brown. Place the seared breast (without the toothpicks) on top of the onions in the casserole dish, cheese-side up.

Place the tomato slices over the chicken breasts.

Pour the chicken broth / white wine sauce over the chicken in the casserole dish.

Season with salt, pepper, herbs and grated Parmesan cheese to taste.

Cover the casserole dish. Bake for 40 minutes.

Serves: 4

Preparation time: 150 minutes

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