

# Chicken Kiev

- 1 teaspoon coarse salt, plus more to taste
- 1/4 teaspoon ground black pepper, plus more to taste
- 3 tablespoons fresh herbs (eg basil, chives, parsley, tarragon)
- 2 cloves garlic, crushed
- 8 tablespoons butter, softened
- 4 boneless chicken breasts
- 1-1/2 cups breadcrumbs
- 2/3 cup milk
- 1 egg
- 1 cup white flour
- cooking oil
- large onion, sliced
- extra virgin olive oil

Combine salt, pepper, herbs, garlic and butter. Place mixture on wax paper and roll. Place the roll in the freezer.

Using a mallet and wax paper to assist, pound the chicken breasts flat. Then butterfly each breast.

Sprinkle each side of each breast with salt and pepper.

Divide the herbed butter into four parts.

For each piece of chicken, place a part of the herbed butter on top followed by about a tablespoon of breadcrumbs, fold each the ends of the chicken and roll into a log.

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 overnight.

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

Preheat the oven to 350 degrees Fahrenheit.

Prepare a cassarole dish by placing onions in the bottom, and coating the onions slightly with olive oil.

Sear each breast on each side quickly in the hot oil, til golden brown. Drain for a few minutes, and then place the seared breast (without the toothpicks) on top of the onions in the casserole dish.

Cover the casserole dish. Bake for 40 minutes.

Serves: 4, serve with rice <sup>[1]</sup> or noodles.

Preparation time: 150 minutes, starting the night before

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