

Saltimbocca Chicken Breasts with Basil Sauce

Author: From a cooking class with Tarla Fallgatter



6 pieces boneless skinless chicken breast halves (about 6 ounces each)

Freshly ground black pepper [ADD NO SALT]

6 ounces Provolone cheese, cut into 6 sticks

12 slices Prosciutto, very thin

1 tablespoon olive oil

1 tablespoon unsalted butter

BASIL BUTTER SAUCE:

1 tablespoon unsalted butter

2 whole shallots, peeled, minced

1/3 cup white wine

1/2 cup chicken stock

Juice of one lemon

1/2 stick unsalted butter, softened

1 tablespoon fresh basil, thinly sliced, plus extra for garnish

Per Serving (excluding unknown items): 1249 Calories; 60g Fat (45.4% calories from fat); 161g Protein; 3g Carbohydrate; trace Dietary Fiber; 437mg Cholesterol; 12731mg Sodium. Exchanges: 23 Lean Meat; 0 Vegetable; 3 1/2 Fat.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

Description: Delicious. Pretty. Relatively easy too.

Notes: If the chicken breasts are large, cut each one in half and serve each person just a half of a breast-half.

1. Preheat oven to 400°. Place (empty) baking sheet with a rack in the oven.
2. Season chicken with pepper (only). Cut a pocket down the center of each breast and stuff it with the cheese. Wrap each breast in two overlapping slices of prosciutto.
3. Heat oil and butter in a nonstick pan over medium-high heat, add chicken breasts (prosciutto-ends down) and saute, turning to brown all sides, about 6-8 minutes total. Place on the hot baking sheet - on top of the rack and bake chicken for about 5 minutes to finish cooking. Remove pan and allow to rest for 5 minutes.
4. Place serving platter in the hot oven and turn off oven.
5. SAUCE: Heat butter in a saute pan, add shallots and cook until soft. Add the wine and simmer until nearly evaporated. Add the chicken stock and lemon juice and simmer until reduced by half. Turn off heat and add butter and basil. Whisk until smooth. Season with pepper (it should not need any salt, as the prosciutto is usually salty enough). Slice rolls in half and place on the hot platter. Spoon sauce on the side, or place it in a small serving bowl to spoon on the side. Garnish chicken and sauce with additional basil sprigs.