

Prosciutto Wrapped Dijon Chicken

Chris had this dish in an Italian restaurant in England and came home, determined to recreate it – which he has done!

Ingredients:

2 large chicken breasts
3 tablespoons olive oil
1 tablespoon butter
3 tablespoons Dijon mustard
2/3 cup white wine
2 tablespoons shallots – chopped fine
1 tablespoon garlic – chopped fine
A pinch of Herbes de Provence
4 teaspoons whole grain mustard
Sprigs of fresh Italian flat leaf parsley
4 large, thin slices of prosciutto
Cracked black pepper



Preheat oven to 400 degrees.

Separate the breast halves to create 4 breast filets. Pound the chicken breasts with a heavy mallet under saran wrap until flat and fairly thin. Season with salt and fresh pepper.

In a sauce pan, sauté the shallots and garlic in 2 tablespoons of olive oil and a tablespoon of butter till translucent, about 3 minutes. Add white wine, Dijon mustard and Herbes de Provence and simmer for 5 minutes.

Coat the chicken breasts in the Dijon/wine sauce and place one teaspoon of whole grain mustard and a sprig of parsley at the thinner end of the breast. Starting there, roll the breast and then wrap with prosciutto ham. Secure with a wooden toothpick if necessary. Drizzle with olive oil and top with cracked black pepper.

Place in lightly oiled baking dish and bake uncovered at 400 degrees for 50 minutes. The prosciutto should get crispy and the kitchen should smell incredible.

Serve over Orzo.

Deglaze the chicken pan by adding white wine and a squeeze of lemon...let reduce for 5 minutes, then pour over chicken & orzo to finish. Serves 4