

# CHICKEN KIEV

## EQUIPMENT

MIXING BOWLS, CHEF KNIFE, SPOONS, CLING FILM, ROLLING PIN OR MEAT Mallet

## INGREDIENTS

2 SKIN OFF CHICKEN BREASTS, 3 CHOPPED CLOVES GARLIC, 100GM ROOM TEMPERATURE BUTTER,  
10 CHOPPED CHIVES, 15 CHOPPED PARSLEY LEAVES, 100GM PLAIN FLOUR,  
100GM PANKO BREADCRUMBS, 2 EGGS, 100GM MILK, SEA SALT

## METHOD

PLACE THE BUTTER IN A SMALL MIXING BOWL AND ADD THE GARLIC, HERBS AND A PINCH OF SALT AND MIX WELL TO A SMOOTH PASTE

REMOVE ANY EXCESS SINEW OR FAT FROM THE CHICKEN BREASTS AND BUTTERFLY THE BREASTS

LAY OUT TWO SHEETS OF CLING FILM AND PLACE THE CHICKEN OPENED OUT ON TOP, PLACE ANOTHER TWO SHEETS ON TOP AND WITH THE ROLLING PIN OR MEAT Mallet HAMMER OUT THE CHICKEN UNTIL IT IS EVEN IN THICKNESS CONCENTRATING ON THE THICKER END OF THE BREAST

REMOVE THE TOP LAYER OF THE CLING FILM AND PLACE HALF THE BUTTER IN THE MIDDLE OF EACH BREAST

FOLD IN THE SIDES OF THE BREAST AND USING THE CLING FILM ROLL UP THE BREAST INTO A NEAT SAUSAGE, TIE OFF ONE END AND CONTINUE TO ROLL THE OTHER TO FORM THE SAUSAGE THEN TIE THAT END

PLACE THE CHICKEN IN THE FREEZER FOR APPROX 1 HOUR TO SEMI FREEZE THIS WILL HELP KEEP THE SHAPE WHILE YOU CRUMB THEM

SET UP YOUR CRUMBING STATION WITH ONE BOWL OF FLOUR, ONE OF BREADCRUMBS AND THE OTHER WITH BRIEFLY WHISKED EGG AND MILK

ONCE CHILLED REMOVE THE CLING FILM FROM THE CHICKEN AND PLACE THE CHICKEN INTO THE FLOUR AND DUST THE ENTIRE OUTSIDE THEN TRANSFER TO THE EGG WASH ROLL THE CHICKEN SO AGAIN IT IS COMPLETELY COATED THEN INTO THE CRUMBS SLIGHTLY PRESS THE CRUMBS IN AS YOU GO

RETURN THE CHICKEN TO THE EGG WASH THEN THE CRUMBS AGAIN TO "DOUBLE COAT" WITH THE CRUMBS

PLACE YOUR CHICKEN KIEV'S ON A TRAY LINED WITH BAKING PAPER AND INTO THE OVEN COMBI SETTING 200 DEGREES FOR 14 MINS

ONCE COOKED REMOVE FROM THE OVEN, SLICE AND SERVE WITH A SIMPLE GREEN SALAD

## HINTS & TIPS

- CHICKEN KIEV'S ALTHOUGH OFTEN PEOPLE WONT ADMIT ARE A CROWD PLEASER, THIS RECIPE CAN BE PREPARED IN ADVANCE WHICH SHOULD MAKE IT EASY ONCE YOUR GUESTS ARRIVE
- TRY USING PANKO BREADCRUMBS FOR YOUR CRUMBED FOODS THE TEXTURE IS A LITTLE COARSER BUT YOU GENERALLY TEND TO GET A CRISPER FINISH