

CHICKEN BREASTS SALTIMBOCCA

Serves 8 to 10.

By Dennis W. Viau; an original recipe.

These chicken breasts are seasoned with fresh herbs before being wrapped in prosciutto. After browning in a skillet, they are roasted until done. The flavor is mild and delicate, enhanced with the flavor of the herbs. The prosciutto gives these chicken breasts excellent visual appeal. I wasn't sure whether or not to name them "saltimbocca," as that refers to a dish made with veal. However, the name seemed right.



Ingredients:

4 to 6 sprigs fresh thyme
1 to 2 sprigs fresh rosemary
5 to 6 fresh sage leaves
Salt and pepper
4 boneless, skinless chicken breasts, 8 to 12 ounces (227 to 340 grams) each
8 to 12 thin slices of prosciutto
Kitchen twine
4 tablespoons pure (cooking) olive oil

Directions:

Pluck the leaves from the thyme, discarding the stems. Remove the needles from the sprig of rosemary, discarding the stems, and chop well. Mince the sage leaves.

Season the chicken breasts lightly on both sides with salt, pepper, and the three herbs.

Arrange two or three slices of prosciutto on a clean surface, overlapping the slices slightly along one long edge. Place a seasoned chicken breast in the center of the prosciutto and then bring up the sides to wrap the breast meat. Using kitchen twine, lightly tie the breasts to secure the prosciutto in place.

Heat the oven to 350°F (177°C).

Heat the oil in a large skillet over a medium flame. Brown the chicken breasts, two at a time, on both sides, about 5 minutes per side. Transfer to a baking dish and cover with foil.

Bake the chicken to an internal temperature of 160°F (71°C). Baking time will depend upon the size of the chicken breasts. Mine baked 40 minutes. They were large breasts, about 12 ounces (340g) each. Smaller breasts will cook in less time, perhaps 30 to 35 minutes.

Remove from the oven and allow to rest 10 minutes. As the temperature along the outside of the chicken continues to migrate inward, the internal temperature will reach the recommended safe serving temperature of about 170°F (76°C).

Remove the strings, transfer to a serving platter, and plate with your favorite vegetables.

The **Step By Step** guide begins on the following page.

STEP-BY-STEP

1

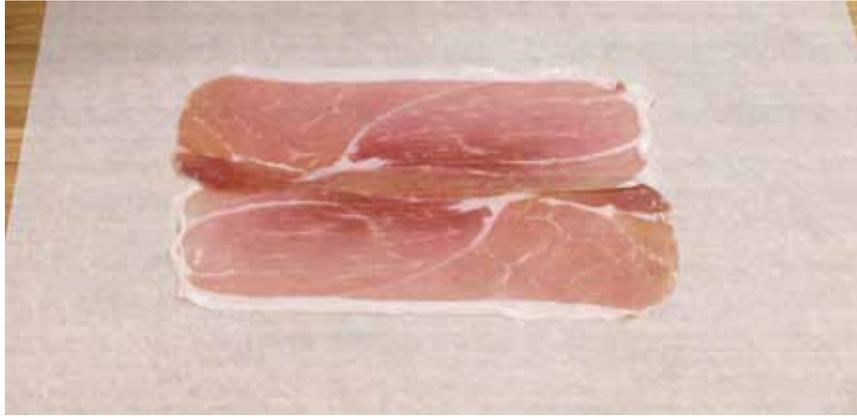


Pluck the leaves from the sprigs of thyme. They don't need to be chopped. Mince the sage and rosemary fairly fine.

2



Season each chicken breast on both sides with salt, pepper, and the herbs.

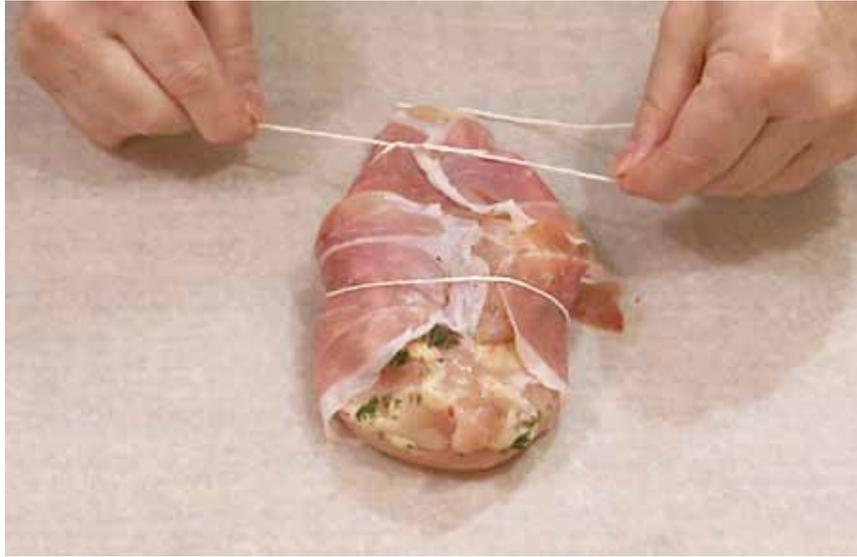
3

Arrange two or three slices, depending on size, of prosciutto on a clean surface, overlapping one long edge.

4

Place a chicken breast in the center of the prosciutto and bring up the two sides to wrap it.

5



Secure the prosciutto in place by tying lightly with kitchen twine. It doesn't need to be neat at this point. During the browning the prosciutto will secure better and look smother.

6



Here are the chicken breasts, wrapped and ready for browning.

7



Brown lightly, about 5 minutes on each side.

8



Transfer the breasts to a baking dish and cover with foil. Bake until done, 30 to 40 minutes, or to an internal temperature of about 160°F (71°C). Remove from the oven and let rest 5 to 10 minutes. The internal temperature will continue to rise to a safe serving temperature of about 170°F (77°C).



Plate with your favorite vegetables.

Conclusion

Although the process of wrapping the chicken breasts in prosciutto might be a little tedious, this recipe is otherwise very easy. It has the appearance of a fancy dish that required a lot of effort in the kitchen, but it can be prepared rather quickly. I think this is an elegant way of serving an otherwise plain piece of chicken.