

Chef Eric Troup
Frank & Lola's at Margaritaville Beach Hotel

PROSCIUTTO WRAPPED STUFFED CHICKEN
STUFFED WITH GOAT CHEESE, SPINACH & ROASTED RED PEPPER
SERVES 4

INGREDIENTS:

CHICKEN

2~8OZ CHICKEN BREASTS, BONELESS -SKINLESS
4~PROSCIUTTO, SLICED THIN @ 8", OR 8~SLICES @ 4"
6OZ GOAT CHEESE
3OZ ROASTED RED PEPPERS, JULIENNED
1 CUP BABY SPINACH, FRESH
2OZ GARLIC, MINCED

MARINADE

4OZ OLIVE OIL
6 ROSEMARY SPRIGS
2OZ WHITE WINE
JUICE OF 1 LEMON
FRESH GROUND SALT AND PEPPER TO TASTE

TOOLS NEEDED:

SHEET PAN, WAX PAPER, SHARP KNIFE, CUTTING BOARD, TOOTHPICKS, MIXING BOWL, WHISK, 1 QUART PLASTIC BAG

DIRECTIONS FOR MARINADE:

1. MAKE MARINADE BY STRIPPING 2 SPRIGS OF FRESH ROSEMARY, MINCE THOROUGHLY, AND ADD IT TO MIXING BOWL
2. ADD THE WHITE WINE, GARLIC, FRESH GROUND SALT AND PEPPER
3. SLOWLY ADD THE OIL WHILE WHISKING MIXTURE
4. ADD THE CHICKEN PIECES AND THE MARINADE TO THE PLASTIC BAG AND REFRIGERATE OVERNIGHT

DIRECTIONS FOR CHICKEN:

5. PREHEAT OVEN TO 350°
6. PLACE CHICKEN ON CUTTING BOARD AND TRIM THE WHITE FATTY EDGES OF THE CHICKEN WITH YOUR KNIFE
7. WITH CHICKEN LAID LONGWAYS OR HORIZONTALLY FROM YOUR LEFT TO RIGHT, SLICE THE CHICKEN IN HALF TO GIVE YOU 4 EQUALLY SIZE PORTIONS.
8. IN EACH ONE OF THOSE PIECES OF CHICKEN MAKE AN INCISION DOWN THE MIDDLE STARTING JUST INSIDE OF EACH END OF THE CHICKEN AND PENETRATING HALFWAY THROUGH THE BREAST IN ORDER TO MAKE A SMALL POCKET.

DIRECTIONS FOR STUFFING THE CHICKEN:

9. ON A SHEET PAN COVERED IN WAX PAPER, LAY PROSCIUTTO SLICES VERTICALLY SPACED OUT EVERY 5 INCHES OR SO.

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10. LAY 1 PIECE OF CHICKEN IN THE MIDDLE OF EACH PROSCIUTTO SLICE WITH INCISIONS GOING FROM LEFT TO RIGHT.
11. PLACE ¼ OF THE GOAT CHEESE IN EACH INCISION
12. ADD ¼ OF THE ROASTED RED PEPPER TO EACH INCISION OR NEXT TO IT
13. LAY A 2 OR 3" SPRIG OF ROSEMARY ON TOP LEAVING THE END STICKING OUT SLIGHTLY.
14. COVER INCISION WITH 5 OR 6 BABY SPINACH LEAVES
15. FOLD PROSCIUTTO OVER THE CHICKEN FROM THE BACK TO FRONT.
16. FOLD PROSCIUTTO FROM FRONT TO BACK
17. SECURE PROSCIUTTO ENDS WITH 2 TOOTHPICKS.
18. BAKE FOR 25 MINUTES OR INTERNAL TEMPERATURE REACHES 165°.
19. REMOVE TOOTHPICKS AND ROSEMARY PRIOR TO EATING
20. SERVE WITH FAVORITE STARCH AND VEGETABLE...

BACON CAN BE SUBSTITUTED FOR THE PROSCIUTTO IF YOU WOULD PREFER

ENJOY!!!