

Idiot's Kitchen Recipe – Fig & Fontina Stuffed Chicken

Recipe from www.idiotskitchen.com – Adapted from Cook's Illustrated



Ingredients:

3-4 boneless, skinless chicken breasts – butterflied and pounded flat
14 dried mission figs
8 slices Fontina cheese or ½ pound grated
¼ cup fresh parsley, minced
½ cup flour
2 Tablespoons Olive Oil
½ cup dry white wine
1 cup chicken broth – low sodium preferred
2 Tablespoons Butter
Salt & Pepper
12-15 wooden toothpicks

Preheat the oven to 400 degrees.

Cut the hard stems off the dried figs. Slice 10 of the figs into thin strips for the filling. Finely chop the remaining 4 figs for the sauce. Set aside.

Trim any excess fat off of the chicken breasts. Using your hand held flat on top of the chicken to keep it from moving, carefully cut horizontally starting at the more curved edge of the chicken. Butterfly the chicken so it opens like a book. Do not cut all the way through. Wrap the butterflied chicken breast in a large piece of plastic wrap and pound it flat to ¼ inch thickness. Repeat this process for all of the chicken breasts.

Pat the flattened chicken dry with a paper towel and season with salt and pepper. Place either 2 slices of fontina cheese or generously sprinkle grated Fontina cheese over the chicken leaving a plain edge for rolling. Scatter sliced figs over the cheese and sprinkle with minced fresh parsley. Working from the narrow or most ragged edge, carefully roll the chicken up over the filling and secure with toothpicks. When all the chicken has been rolled and filled, pour ½ cup flour on a plate and dredge the chicken lightly shaking off any excess flour.

Heat 2 Tablespoons of olive oil over medium high heat. Quickly brown the floured, rolled chicken on all sides – about 1 minute per side. Transfer to a foil lined baking sheet and cook in a 400 degree oven for 15 -20 minutes until the juices run clear and the meat registers 160 degrees on an instant read thermometer.

To make the sauce, place the chopped figs and ½ cup white wine in the pan that you used to cook the chicken. Simmer over medium high heat for 1-2 minutes using a spoon to scrape any browned bits from the bottom of the pan. Add 1 cup of low sodium chicken stock and simmer until reduced by half. Remove the sauce from the heat and whisk in 2 Tablespoons of butter. Season to taste with salt & pepper.

Let the cooked chicken rest for 5 minutes before slicing. Slice the chicken into 2 inch pieces and drizzle the sauce over the top. Serve with crusty French bread and Green Beans with Caramelized Shallots.