

# Cordon Bleu!

June 9, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



*Want to show off some cooking skills to your family? This is your dish! This chicken is so yummy, its crispy yet juicy and filled with ham and cheese. And its super easy! This dish will make you look like a pro...let me show you how.*

*Serves: 2 Total Cook time: 50 minutes*

- 2 6-ounce boneless, skinless chicken breasts
- salt and freshly ground black pepper
- 1 tablespoon Dijon mustard
- 4 slices of swiss cheese
- 4 slices of deli-sliced ham
- ¼ cup all-purpose flour
- 1 egg beaten
- ¾ cup panko breadcrumbs
- 1/3 cup grated Parmesan cheese

In a large skillet add oil to cover bottom of pan and heat on low.. Butterfly the chicken breasts. Place the chicken breast on a cutting board and press down on the breast with the palm of your hand. Slice into the long side of the chicken breast, parallel to the cutting board, but not all the way through to the other side. Open the chicken breast like a “book”. Place a piece of plastic wrap over the chicken breast and gently pound it with a meat mallet to make it evenly thick.

Season the chicken with salt and pepper. Spread the Dijon mustard on the inside of each chicken breast. Layer one slice of cheese on top of the mustard, then top with the 2 slices of ham and the other slice of cheese. Starting with the long edge of the chicken breast, roll the chicken up to the other side. Secure with 1 or 2 toothpicks. Place the flour in the first dish. Place the beaten egg in the second shallow dish. Combine the panko breadcrumbs and Parmesan cheese together in the third shallow dish. Dip the stuffed and rolled chicken breasts in the flour, then the beaten egg and then roll in the breadcrumbs-cheese mixture to cover on all sides. Press the crumbs onto the chicken breasts with your hands to make sure they are well coated. Once done, turn heat to medium and place chicken for a light pan fry. Cook for 5 minutes on each side and finish in the oven for about 15 more minutes. Chicken will be crispy and cheese will be melted. Let sit for a few minutes before cutting into it. Pair with a great salad or favorite veggies, pasta or even rice. Enjoy!