

Richmond Hill Culinary Arts Centre

Chicken Florentine

(Serves 4)

Ingredients

4 pcs. Chicken Breast, deboned

Filling

1 pc. Onion, fine dice

2 pcs. Garlic, minced

2 cups Spinach, packed

pinch Nutmeg

½ cup Cheese Swiss, (your choice of cheese), grated

1 pc. Egg, beaten

Bread Crumbs (Drying agent)

Method

Filling

- Sauté onions and garlic.
- Add spinach and season with nutmeg, salt and pepper.
- Remove from heat and mince the spinach mixture, cool to room temperature.
- Add the cheese and egg and mix well, add a little bread crumb to reduce the moisture of the mix. This makes it easier to handle. Reserve.

Assembly

- Lay the chicken breast flat and make an insertion in the middle without cutting through the flesh. The object is to create a pocket to incorporate the filling.
- Open the breast (open book) and fill the spinach stuffing, leaving a ½ inch margin along the perimeter of the flesh. This will allow the closing of the pocket.
- Seal the pocket ensuring that the perimeters are touching (both the top and bottom half).
- Refrigerate for a few minutes to allow the retention of the shape.
- Lightly dredge the chicken in flour or bread crumbs (this could be lightly seasoned with chopped herbs or spices).
- In a moderately hot sauce pan, sauté the chicken beginning with the skin side first. Turn it around and sauté the underside.
- Finish cooking the chicken in the oven at 325 F for 25 minutes, test for doneness before serving.

Notes;

- Do not over fill the pocket with too much spinach as it will expand and seep out of the pocket.
- Maintain a moderate to moderate low oven for the final cook off, this will help keep the moisture and keep the product tender.