
Chicken Saltimbocca Build

Making a Chicken Saltimbocca on order

1 tablespoon blended oil
2 4 ounce chicken breasts, pounded thin,
with one thin slice of prosciutto pounded
into one side of each breast, then both
breasts are lightly floured
1 pinch fresh sage
6 Ounces steam table Madeira demi
1/4 cup blanched spinach
2 slices mozzarella cheese
1 pat unsalted butter
1 pinch chicken base
1 pinch coarse ground black pepper

Servings: 1

Heat one tablespoon of blended oil in a skillet.

Add the chicken breasts to the pan, prosciutto side down, and sear, cooking the chicken half way through.

Flip the chicken breasts to the other side and continue cooking. Add the pinch of fresh sage and the steam table Madeira demi.

Add the spinach to the pan.

Cover each slice of prosciutto with one slice of mozzarella.

Place pan under broiler to allow spinach to heat through.

Remove the pan from the broiler and add the butter, chicken base, and black pepper.

Whisk in the butter and reduce the sauce until it coats the back of a spoon.

PLATING:

Use a 12 inch dinner plate with a 4 ounce scoop of garlic smashed potatoes plated just north of center on the plate.

Add 4 ounces of sauteed vegetables to the plate at 12 O'clock.

Stack the tips of the chicken breasts on the potatoes, with the other side of the breasts facing to 5 O'clock and to 7 O'clock.

Spoon the sauce over the chicken, covering the plate from 3 O'clock to 9 O'clock.

Per Serving (excluding unknown items): 1847 Calories; 165g Fat (79.9% calories from fat); 88g Protein; 6g Carbohydrate; 567mg Cholesterol; 1068mg Sodium. Exchanges: 0 Grain(Starch); 12 1/2 Lean Meat; 25 1/2 Fat.

madiera demi (for chicken saltimbocca and chicken verona)

1/2 pound butter
1/2 cup shallots
2 quarts madiera wine
4 quarts veal stock
1 tablespoon kosher salt
1 tablespoon black pepper

Servings: 1

Add butter to large tail pot and bring up heat

add shallots and allow to sweat

deglaze pan with madiera wine and flame off alcohol

add veal stock

add chicken base

add black pepper

bring to a boil then reduce to a simmer and allow to reduce

Per Serving (excluding unknown items): 1817 Calories; 187g Fat (89.7% calories from fat); 18g Protein; 30g Carbohydrate; 497mg Cholesterol; 26059mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Vegetable; 37 Fat.

Sweet Polenta Cake

cornmeal cake with rosemary and olive oil

1/2 cup extra virgin olive oil
1 1/2 cups granulated sugar
4 large eggs
2 cups cake flour
1/2 cup corneal (polenta)
1/2 teaspoon kosher salt
2 teaspoons baking powder
1/2 cup white wine
zest lemon
2 tablespoons finely chopped fresh
rosemary

Servings: 12

Preheat oven to 325 degrees.

Grease and flour a 9x9x2 inch pan and then set aside.

With an electric mixer, beat together the olive oil, sugar, and eggs until light and fluffy.

Slowly add the remaining ingredients into the mixing bowl and slowly beat together until fully incorporated.

Pour the batter into the greased pan and place in the oven. Bake for 30-35 minutes (until a toothpick inserted into the center of the cake comes out clean).

Remove the cake from the oven and let cool on a wire rack for at least one hour before serving.

Per Serving (excluding unknown items): 271 Calories; 11g Fat (35.8% calories from fat); 3g Protein; 40g Carbohydrate; 62mg Cholesterol; 179mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 2 Fat; 1 1/2 Other Carbohydrates.