

# MEDITERRANEAN CORDON BLEU

By



Chef Chris



PREPARATION TIME



COOKING TIME



SERVES



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WATERFRONT MARKET



## INGREDIENTS

- 1 chicken breast
- 1 cup corn oil

For the filling:

- 80g Greek feta cheese, crumbled
- 1 tomato, sliced
- 1 red onion, sliced
- 1 tbsp extra virgin olive oil
- Salt and pepper

For the breading:

- 100g all-purpose flour
- 2 egg yolks
- 1 tbsp condensed milk
- 200g breadcrumbs
- 1 tsp salt
- 1 pinch pepper



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## Method:

Preparing the chicken:



1. Place the boneless, skinless chicken breast - tender removed - on a clean cutting board. Holding the breast flat with the palm of your hand, using a sharp knife - boning knife is ideal - slice the chicken horizontally into two even pieces. Tip: it helps if you place the breast close to the bottom edge of the cutting board.
2. Take another clean cutting board and cover it with plastic wrap. Place both pieces of the chicken on the plastic, then cover with another layer of plastic wrap, making sure there are no wrinkles.
3. Using a meat tenderizer - or the bottom of a sturdy, eight-inch skillet - gently pound the chicken, flattening it out.

Tip: When pounding, go slow and gently to avoid making holes in the meat. The goal is to achieve even thickness and form. When done, the chicken pieces should be a half centimeter in thickness, all round.



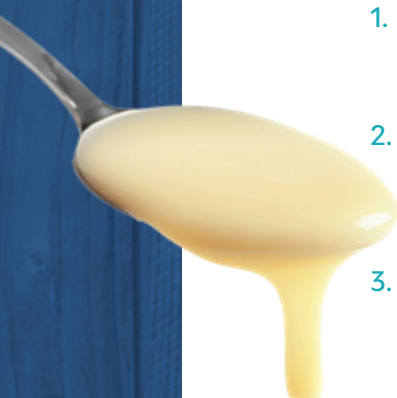
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### Preparing the filling:

1. Heat a pan on medium-high heat. Add the olive oil, tomatoes and onion, and sauté for around 4 minutes. Season with salt and pepper.
2. Place another piece of plastic wrap on your kitchen counter and place one of the chicken fillets onto it. Spread half of the cheese and half of the tomato and onion mixture onto the fillet in a thin layer.
3. Roll the chicken into a sausage shape, then wrap the outside tightly in plastic wrap. Repeat this process for the other chicken fillet, then put both chicken rolls into the freezer for around 10 minutes. This helps them to keep their shape.

### Preparing the breading:

1. Heat a pan on low heat and add the corn oil to it.
2. Take 3 bowls. In one, put your flour. In another, whisk the eggs, condensed milk, salt and pepper. Place your breadcrumbs into the third bowl.
3. Take the chicken rolls out of the freezer and carefully remove the plastic wrap. Secure the edges of the rolls with toothpicks to ensure they don't unravel during cooking.



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3. Roll the chicken in the flour and shake off any excess. Next, dip in the milk and eggs mixture. Lastly, roll in the breadcrumbs until the outside is evenly coated. Repeat with the second chicken roll.

#### Frying:

1. When the corn oil reaches frying temperature, immerse the chicken rolls and fry well. When the top side of the chicken roll turns a light brown colour, gently flip with tongs. Do not flip the rolls too often.
2. When you think the rolls are cooked, remove from the oil and slice through the chicken to check they are cooked through. Consuming undercooked or raw chicken is dangerous. When cooked, place the rolls onto kitchen towel to absorb the extra oil.
3. Slice the rolls into rounds and serve alongside steamed vegetables, mashed potatoes or French fries. Enjoy!

**Bon appétit!**



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