

Betty's Christmas Chicken Kiev



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In this video, Betty demonstrates how to make Christmas Chicken Kiev.

This is a simple, but dramatic, entrée that I think you will enjoy.

Ingredients:

½ cup butter, softened

1 tablespoon to 2 tablespoons chopped fresh parsley

1 tablespoon to 2 tablespoons chopped fresh rosemary

¼ teaspoon salt

1/8 teaspoon ground black pepper

6 boneless chicken breast halves

additional salt and pepper, if desired

1/3 cup all-purpose flour

1 egg, well beaten

2 cups soft breadcrumbs (There is a Quick Tip in bettyskitchen on How to Make Soft Breadcrumbs.)

vegetable oil for shallow frying (I used peanut oil.)

rosemary sprigs for garnish, if desired

In a small bowl, combine ½ cup softened butter, 1 to 2 tablespoon chopped fresh parsley, 1 to 2 table- spoon chopped fresh rosemary, ¼ teaspoon salt, and 1/8 teaspoon ground black pepper. Blend thor- oughly. Shape seasoned butter into a stick. Cover and freeze for about 45 minutes, or until firm. Place each breast half on a cutting board. Cover with plastic wrap and flatten to ¼-inch thickness using a meat mallet. Sprinkle with salt and pepper, if desired. Cut stick of seasoned butter into 6 equal pieces. (The butter will be very hard if it is frozen completely.) Place 1 piece of seasoned butter in center of each pounded chicken breast half. Fold long sides of chicken over butter. Fold one end over the butter, roll up, and attach to other end with a toothpick. Also, fasten any opening of the rolled chicken with a tooth pick, if needed. Dredge each rolled chicken piece in flour, dip in beaten egg, and coat generously with soft breadcrumbs. Fry chicken in about 1 inch of hot oil (350 degrees F) in a large skillet, cooking about 5 minutes on each side, or until browned and done all the way through. Remove to a platter covered with paper toweling to drain. Quickly transfer to a nice serving platter and serve immediately. I hope you love this recipe! Have a Very Merry Christmas!!! Love, Betty ♥♥♥♥♥