

Betty's Elegant Chicken Cordon Bleu



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In this video, Betty demonstrates how to make an impressive and flavorful Elegant Chicken Cordon Bleu. This entrée is made by wrapping uncooked chicken around slices of ham and Swiss cheese. Then it is breaded and fried to a golden brown. When cut with a knife, the melted Swiss cheese delightfully oozes out of the center. This is an elegant and delicious entrée for a dinner party.

Ingredients:

- 2 whole chicken breasts, boned, halved, and skinned (I also trim off any fat.)
- 8 thin slices Swiss cheese
- 8 thin slices baked ham
- 2 eggs, well beaten
- ground sea salt, to taste
- freshly ground black pepper, to taste
- ½ cup fine, dry bread crumbs
- 4 tablespoons cornstarch
- 3 tablespoons butter
- 3 tablespoons extra virgin olive oil

In a small bowl, beat 2 eggs and set aside. Pound pieces of chicken breast thin and flat between two pieces of waxed paper with a mallet wrapped in aluminum foil. Brush both sides of each chicken breast piece with beaten egg. Put 2 slices of very thin Swiss cheese on each chicken piece so that it doesn't overlap the chicken. Place 2 slices of very thin ham on top of the cheese so that it, too, doesn't overlap. Brush the whole assembly with beaten egg and grind sea salt and black peppercorns to taste. Fold the long edges of the chicken slice over the cheese and ham slices, about ½-inch, then start at one end and roll the chicken like a jelly roll, making sure that the ham and cheese are completely hidden inside. Use toothpicks to keep chicken in place. Put each roll, as it is done, on a plate. Refrigerate the four chicken rolls for at least ½ hour. In a shallow dish, mix ½ cup dry breadcrumbs with 4 tablespoons cornstarch. Roll chilled rolls in beaten egg, then in cornstarch and breadcrumb mixture. Pat the coating on so it covers the chicken thickly and completely. Return to plate and chill again for at least ½ hour. Heat the butter and olive oil together in a heavy skillet over medium heat. Fry the chilled rolls in it, turning them as each side browns, until all pieces are golden. Drain on paper towels and serve immediately. This is a showy and elegant dish, and makes the focal point for a lovely dinner. I hope you enjoy it! Love, Betty ♥♥♥♥♥