

Chicken Kiev with Twice baked Duchess potatoes

Ingredients:

2	chicken breasts
50 mL	flour (for dredging)
½	egg, beaten
75 mL	breadcrumbs (for coating)
2 mL	seasoned salt
1 mL	pepper, parsley, basil, garlic powder, italiano
20 ml	cold butter
5 ml (total)	finely chopped herbs of your choice (Choose a mixture of: fresh thyme, rosemary, chives, dried oregano, dried basil, dried or fresh garlic, dried mustard)
1	baking potato, baked
15 mL	butter
25 mL	sour cream
2	slices cooked bacon, diced
½	chopped green onion
60 mL	shredded cheddar cheese (15 ml for the top)
	Salt and pepper to taste

Day 1 - Prepare butter for chicken kiev. Mix together with herbs and seasonings. Roll into small tube in foil and freeze till next day.

Day 2 – Turn on your oven to 350 F.

Using a small paring knife make an oval cut in the top of the cooked potato and use a small teaspoon to scoop out the cooked potato into a medium bowl. Add the butter and the sour cream and whip with an electric mixer till smooth. Add the salt and pepper, chopped bacon, green onion and grated cheddar . Beat till smooth. (Save a little bit of cheese for the top)

Use a small teaspoon to scoop the mixture back into the empty potato shell and sprinkle with the leftover cheese. Cook in the oven for 10 mins or till cheese has browned a little.

Use the tip and blade of a small paring knife to make a small incision into the top part of the chicken breast where the chicken breast is thickest to create a hole, but be careful not to cut right through. Stick the handle end of the large wooden spoon into the hole to give it a nice round shape. Place the frozen herbed butter inside and seal the flap with a toothpick.

Mix together the breadcrumbs with the seasonings in your metal tray. In the small metal bowl beat up the egg for the whole group. On a small luncheon plate, sprinkle 50 ml of flour. First drag the breast through the flour, then dip it in the beaten egg and then place it in the breadcrumbs and be sure to coat it well.

In your frypan heat up about 30 ml of oil and pan fry the chicken breast until it is golden on both sides (maybe 5 mins each side) Then place it in a square cake pan to finish cooking in the oven for 20 mins.