

STUFFED CHICKEN WITH SCALLOPED POTATOES

Chicken Cordon Bleu

1 boneless chicken breast
40 ml breadcrumbs
5 ml mixed seasonings
2 ml pepper ,chili powder
1/2 egg, beaten
25 ml piece of any white cheese
1 slice smoked ham
30 ml oil
25 ml flour

optional seasonings: chili powder, parsley, oregano, basil, dill, cayenne

Scalloped Potatoes

1 large potato sliced thin
15 ml margarine or butter
1/4 large onion, diced finely
2 garlic cloves, minced
175 ml whole milk
100 ml mozzarella cheese, grated
25 ml cheddar cheese, grated
5 ml fresh rosemary/thyme
1 ml seasoned salt, pepper,

METHOD: FOR SCALLOPED POTATOES

1. Heat up your oven to 350 F. In a small pot saute the onion and garlic with the 15 ml of and a little oil until soft.
2. Peel and thinly slice the potatoes. Pour the milk and seasonings into the pot with the sautéed onions and add the potatoes slices. Bring the milk to a boil over MEDIUM heat.
3. Cook the potatoes for about 5 min or until the milk mixture has thickened a little.
4. Remove the potatoes from the pot and layer them in the casserole dish. Then pour the leftover milk mixture over top. Bake uncovered in the oven for 10 mins.
5. Remove from the oven and add the mixed grated cheese and return to the oven for 15 min or until the cheese is bubbling and lightly browned and potatoes are soft when pierced with a fork. Let cool for 5 min before serving with the chicken.

METHOD: FOR CHICKEN CORDON BLEU

1. In the thickest middle part of the chicken breast slice an opening pocket without going right through to the bottom. Wrap the piece of ham around the cheese, place it in the pocket and reseal the flap with two toothpicks so that they lay flat.
2. Dredge the chicken in the seasoned flour, then run through the beaten egg, then coat with breadcrumbs. Place the oil in the fry pan and heat to med-high. Fry the chicken on both sides till golden brown (DO NOT BURN) then place in the metal cake pan and bake in oven for 15-20 mins or till no longer pink inside. Remove chicken from oven, remove toothpicks and serve with potatoes.