



SALTIMBOCCA DI POLLO

CHICKEN SALTIMBOCCA WITH FONTINA, PROSCIUTTO AND SAGE

Recipe by Gennaro Contaldo

Cook Time 15 minutes | Serves 4

(if chicken is already sliced)

Named for its irresistible taste – saltimbocca literally translates as ‘jump in the mouth’ – this classic Roman specialty has become a popular meat dish all over the world. Originally made with veal, it can also be made with pork or chicken. Don’t season the chicken, as you get saltiness from the prosciutto and tasty deliciousness from the sage and oozing Fontina. Serve with boiled potatoes and steamed greens for a delicious lunch or dinner.

Ingredients

350g chicken breast, thinly sliced to obtain 8 slices
(you can ask your butcher to do this for you)
8 large sage leaves
50g Fontina, cut into 8 thin slices
8 slices of prosciutto (Parma ham), about 125g
50g / 3 tbsp butter
50ml white wine

Method

Place the chicken slices on a board (the slices should be no more than 5-mm/¼-in thick – if necessary, flatten with a meat mallet).

Place a sage leaf in the middle of each one, followed by a slice of Fontina and top with a slice of prosciutto, making sure the prosciutto covers the cheese. If your chicken slices are small, fold the prosciutto so that you have a double layer.

Secure the ingredients in place with cocktail sticks (toothpicks) to ensure nothing falls off.

Melt 30 g/1 oz/2 tbsp of the butter in a large frying pan (skillet) set over a medium heat. Add the saltimbocca, chicken-side down, and cook for 2 minutes, or until sealed. Turn them over and cook for a further 2 minutes.

Turn them over again, increase the heat to high, add the white wine and cook for 1 minute. Remove the chicken and place on a serving dish.

Add the remaining butter to the frying pan and cook for about 30 seconds, until creamy. Pour the buttery sauce over the chicken and serve immediately.



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