



JERNEJ KITCHEN

CHICKEN CORDON BLEU - FRIED

Chicken Cordon Bleu is a tasty main dish, perfect for a weekend dinner or celebrations. Chicken breasts filled with ham and cheese, then crispy fried.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
FRIDGE REST:	30	MINUTES
FRY:	16	MINUTES
BAKE:	5	MINUTES
TOTAL TIME:	60	MINUTES

CHICKEN CORDON BLEU

2 halves of free range chicken breasts - boneless, skinless (we use family Hudin's)

salt, pepper

1 tsp dijon mustard

2 slices ham

4 slices of cheese Gauda

FOR CHICKEN COATING

50 g all-purpose flour (1/2 cup)

2 eggs

2 tbsp heavy cream

100 g breadcrumbs (1 cup)

1 tbsp sesame seeds

1/2 tsp ground paprika and 1/2 tsp ground turmeric

1/2 tsp chia seeds (optional)

500 ml vegetable oil (for frying) (17 fl.oz)

TOOLS AND EQUIPEMENT

kitchen knife

PREPARE THE CHICKEN BREASTS

Pat dry the chicken breasts. Using a sharp knife, cut the chicken breasts in half horizontally nearly all the way through. Open each breast wide. Place a piece of parchment paper on top of a cutting board, place each opened chicken breast on top of the paper, then cover the breast with another sheet of parchment paper and flatten the chicken breast with a meat mallet or rolling pin to a thickness of 1 cm / 1/2 inch. Remove the paper. Spread dijon mustard over each breast and season with salt and pepper.

ROLL INTO A ROULADE

Place a slice of ham and two slices of cheese onto each chicken breast. Evenly and tightly roll the chicken. Place on plastic wrap. Wrap the chicken roulade in the plastic wrap tightly and use the excess plastic on the sides to twist. Tie the excess plastic. Repeat with the remaining chicken breast. Place in the fridge for about 30 minutes to chill.

COATING

Pour the vegetable oil into a heavy-bottomed pot. Make sure it covers about 5 cm / 2 inches of the pot. Place over medium heat and heat to 170°C / 325°F. Prepare three plates. Add flour, pinch of salt and pepper to one plate. Beat the eggs and heavy cream in a second plate and combine breadcrumbs, sesame seeds, paprika, turmeric and chia seeds (optionally) in a third plate. Dredge the chicken first in the flour mixture, then the egg mixture, and then in the breadcrumbs mixture. Make sure you get each layer of coating evenly. Transfer to a plate.

Sponsored

cutting board
meat mallet
cling film
pot
kitchen thermometer
skimmer

FRY AND BAKE

Using a skimmer, gently place each chicken cordon bleu into hot oil (170°C / 325°F). Fry for about 7 - 8 minutes on each side or until the exterior is nice, golden brown and crunchy. Check the interior of the chicken breast. If the center of the meat is not 68°C / 160°F place the Chicken Cordon Bleu on a baking sheet and cook until the temperature is reached, for about 5 - 10 minutes at 175°C / 350°F. If the temperature was already reached when frying, then place the chicken cordon bleu on a plate covered with kitchen towels to drain the excess fat.

SERVE

Serve Chicken Cordon Bleu as soon as possible with your favorite side dish. We recommend [mashed potatoes](#), [parsnip puree with pear](#), [braised carrots](#) or [kale salad](#).