

Chicken Saltimbocca

3 pounds chicken breasts, boneless, skinless
6 ounces Prosciutto, thinly sliced
1/2 ounce fresh sage leaves - large
1 cup flour - for dusting the chicken
1 pound mushrooms, sliced
Cream Sherry wine
3 cups sweet Marsala wine, reduced by 50%
6 tablespoons olive oil
1 tablespoon butter
2 shallots, thinly sliced
1/2 lemon, sliced, optional



Preheat the oven to 225 degrees F.

Pound the chicken breast between two sheets of plastic wrap to 1/4 inch or slightly less. Cut the pounded chicken into 4 to 5 inch square pieces. Salt and pepper to taste.

Place each piece of pounded chicken on a sheet of plastic wrap. Place fresh sage leaves on the chicken covering about 30 to 50% of each piece. Place a slice of very thin Prosciutto over the sage and cover with another sheet of plastic wrap. Press the Prosciutto into the chicken and sage with a rolling pin being careful not to tear the chicken. Repeat for all the chicken and set aside.

Add half of the olive oil and the butter to a large sauté pan over medium-high heat. When the oil is very hot add the shallot and mushrooms, give them a quick stir. Cook until the mushrooms are caramelized (golden brown) on one side - don't stir again until the mushrooms are caramelized. Turn once more and brown on the other side. Just before the mushrooms are finished, add the cream sherry. When the sherry evaporates, remove the mushrooms and shallots from the sauté pan and wrap in aluminum foil, place in the oven to keep warm.

Add the remainder of the olive oil to the sauté pan. Fry the remaining sage leaves until crisp remove and set aside. Dredge each piece of chicken in flour; shake off the excess and sauté Prosciutto side down until golden brown - a minute or two. Turn and brown the other side repeat until all the chicken has been cooked adding more olive oil if the pan becomes dries. Place the chicken on an oven proof dish and keep warm in the oven.

Add the Marsala wine to the sauté pan and reduce by 50% stirring to release the food bits from the bottom of the pan.

Assemble the dish:

Arrange the chicken on a serving platter and top with the mushroom mixture and the reduced wine. Garnish with the crispy sage and lemon slices if desired. Serve immediately!

Serves 6

Cooking Tips

Cream sherry can be substituted for the Marsala ...it may even be better.

Recipe Source

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Source: The Barnes Creek Cookbook

Wine Pairing

The sage and Prosciutto give this chicken dish a hardiness that will stand up to most wines ...well, maybe not a "big" Cab or Zin. Try a Pinot Noir. I like a full "bodied" creamy white like Conundrum. This is an excellent, fruity, well balanced and slightly sweet Napa (Rutherford) Valley blended wine. A little pricey, but, I think, worth it. A good substitute would be your favorite Riesling.

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