

Stuffed and Wrapped Chicken Breast



You will need to serve this with an accompaniment such as fondant potatoes, dauphinoise potatoes or ratatouille. Alternatively you should serve with vegetables such as jardiniere carrots where you can focus on demonstrating cutting skills that show precision.

Ingredients:

1 Small / Medium Whole Chicken (You will use the 2 chicken breasts for this recipe)

50g Cream Cheese

4 Rashers of Bacon



Please bring a container to carry your stuffed and wrapped chicken home in.

Optional Ingredients:

Sun Dried Tomatoes

Chilli Flakes / Powder

Garlic

Herbs: Fresh or Dried

Seasoning: Salt and Pepper



Method:

1. Preheat the oven to 180°C or Gas Mark 4.
2. On a red chopping board, place the whole chicken and dispose of the packaging.
3. Cut the string holding the legs together.
4. Using a red handled meat knife, joint the whole chicken into breasts, thighs, drumsticks and wings.
5. Select the two breasts and store the remaining meat in a sealed container in the bottom of the fridge.
6. Wash your hands thoroughly.
7. In a small bowl, soften the cream cheese with a metal teaspoon.
8. Working on the red chopping board, stuff the chicken breasts: To do this for each chicken breast, place the chicken breast on its side and use your knife to slice along the edge of the breast. This will create a pocket.
9. Open the pocket up with your fingers; push the cream cheese and additional fillings into the pocket.
10. Fold and seal back the chicken, completely covering the filling and giving you a neat parcel.
11. Place 2 slices of bacon onto the red chopping board side by side slightly overlapping the rashers.
12. Place the first stuffed chicken breast on top and roll up. Repeat this for the second chicken breast.
13. Place the two chicken breasts onto a baking sheet and place in the oven for 25 to 45 minutes depending on the size of the chicken breasts.
14. To check the chicken is cooked, use a food probe; the core temperature should be at least 75°C.
15. Serve the wrapped and stuffed chicken with an accompaniment.

