

Chicken Kiev



Ingredients list

- 2 skinless, boneless chicken fillets
- 120g dried breadcrumbs
- 40g parmesan, grated
- 1 eggs, beaten
- 50g plain flour
- pinch paprika (school can provide)
- For the garlic butter
- 1 garlic cloves, crushed
- 1 tbsp finely chopped parsley (school can provide)
- 50g butter, softened
- ½ lemon, juice only

Equipment list

- Glass bowl
- Metal fork
- Cling film (to get when needed later)
- 2x metal plates
- 1x small plastic bowl
- Red chopping board
- Sharp knife
- Baking dish
- Greaseproof paper

Method

Making the Garlic Butter:

1. Place all the garlic butter ingredients in a bowl and season well. (1 garlic cloves, ½ tbsp finely chopped parsley, 50g butter, softened, 1/8 lemon, juiced).
2. Mash with a fork until well combined, shape into a sausages using cling film to help you shape it, then tightly wrap and **PLACE IN THE CHILLER** until firm. *Wash everything up that has been used whilst you wait!*
3. When firm, slice into 4 even pieces.

Preparation for making the Kiev:

1. Mix the breadcrumbs and parmesan on a metal plate.
2. Break the eggs into a bowl and mix the white/yolk together.
3. On another metal plate, mix the flour with paprika and some salt.



Method

Creating the kiev:

1. **Keep the chicken in the fridge until required!** Lay a chicken breast on a red chopping board and cover in cling film over the top. Bash using a rolling pint to SLIGHTLY flatten the chicken (this will make it cook faster as it is not as thick) – **do not make it too thin or it will be hard to cut open!!!**
2. Use a sharp knife to make a deep pocket inside the breast. The easiest way is to push the point of a knife into the fat end, keep going halfway into the fillet. Be careful not to cut all the way through or the butter will leak out when cooking.
3. Push two discs of butter inside each chicken breast, press to flatten and re-seal with your hands. Set aside.
4. Dip each breast in the flour, then the egg and finally the breadcrumbs, repeating so each kiev has a double coating (this will make them extra crisp and help to keep the butter inside). **Ensure there are no gaps!! If in doubt – do another coating 😊**



Method

Cooking the Kiev:

1. To cook, heat the oven to 180C/gas 5. Transfer to a baking tray with greaseproof paper and cook for 20-25 mins until cooked through. **Internal temp must be 74°C or higher.**

