



Chicken Cordon Bleu



Ingredients:

- 8 thin slices ham
- 8 oz Swiss cheese sliced or shredded
- 4 boneless skinless chicken breasts , about 2 pounds
- salt and freshly ground black pepper
- 3 cups corn flakes cereal , crushed (or substitute breadcrumbs)
- 6 TBLs butter , melted
-

Ingredients for the sauce:

- 1 cup mayonnaise
- 1-2 tsps yellow mustard , to taste

Method:

1. Pat the chicken dry with paper towels. Use a sharp knife to cut each chicken breast in half horizontally to create two chicken breast halves.
2. Place the chicken breast halves between two sheets of plastic wrap and use a meat mallet or rolling pin to pound them into thin and evenly (be careful not to pound so hard that the meat tears.).
3. Top each piece of chicken with a slice of ham and a ham handful of shredded cheese. Roll tightly, tucking the sides a little, and place on a new piece of plastic wrap.
4. Wrap the chicken tightly in the plastic wrap, pinching the excess plastic on the sides to create a tootsie-roll shape and twisting them to create a firm chicken roll. Refrigerate the wrapped chicken bundles for at least 30-minutes or up to one day in advance.
5. Preheat oven to 400 degrees F. Remove chicken from fridge, unwrap and season with salt and pepper. Add cornflakes to a food processor and pulse into fine crumbs. Add crumbs to a shallow dish or pie plate. Melt butter in a separate shallow dish.
6. Dip the chicken bundles in melted butter, and then into the cornflake crumbs, pressing lightly to help the crumbs stick to the chicken. Transfer to a lightly greased baking sheet.
7. Bake on the center oven rack for about 30 minutes, or until chicken is cooked through (160 degrees on a thermometer inserted into the chicken, not the filling.)
8. Make the sauce by stirring the mayo and mustard together. Taste and add more mustard, as needed, to taste.