

IN THE GALLEY:

Walnut-Stuffed Chicken

Chicken Ingredients:

4 boneless, skinless chicken breasts (6 ozs each)
2 Tbs extra virgin olive oil

Forcemeat (Stuffing) Ingredients:

6 ozs of boneless, skinless chicken breast meat
3 Tbs yellow onion, diced small
2 Tbs green bell pepper, diced small
2 Tbs celery, diced small
1/2 cup heavy cream
1/3 cup chopped, toasted black walnuts (see method below)
1/2 tsp salt
1/4 tsp black pepper

Toasted Walnuts:

Preheat oven to 350°. Place the chopped walnuts on a flat baking tray and toast 5 to 10 minutes. Set aside and cool at room temperature.

Walnut-Stuffed Chicken:

Using a food processor, finely grind the 6 ounces of chicken meat for 2 to 3 minutes, until it forms a paste, and then transfer to a large bowl. Add the onions, celery, bell pepper, heavy cream, toasted walnuts, salt, and pepper. Mix well.

Lay the chicken breasts on a clean surface and, using a meat mallet, flatten them to twice their original size. Lay each breast in the center of a clean, 12 x 18- or 20-inch piece of plastic wrap. Divide the forcemeat (stuffing) evenly between the four breasts and spread on each breast. Then roll one of the chicken breasts like a jellyroll. Wrap the plastic tightly around the breast and roll up the ends, turning tighter and tighter until the breast is in a cylindrical shape. Take care to keep the plastic wrap tight around the roll. Once the cyl-

inder is formed, continue to twist the ends until they are well sealed. Repeat with the other breasts.

Preheat the oven to 350°. Poach the wrapped breasts on the stove in 180° water until the internal temperature is from 110° to 120°. Use tongs to remove the breasts from the water and allow them to rest at room temperature for about 5 minutes.

Using a sharp knife or scissors, carefully remove the plastic wrap. Place a sauté pan on medium-high heat and add the olive oil. Sear the chicken roll until all sides are golden brown. Then place the pan in the oven for about 10 minutes.

Remove from the oven and let rest for about 5 minutes. Slice each chicken roll in half on the bias. Serve two pieces of chicken per person with sautéed spinach.



This is a fantastic party dish from my friend Sabine Weiland. What's great about this recipe is you can prepare it the day before your event. Don't let the length of it scare you off; this is a great presentation dish.

Sautéed Spinach

In a sauté pan over medium heat, add the olive oil and spinach and sauté until the spinach begins to wilt. Add

1 lb spinach, washed and trimmed
1 Tbs olive oil
1 garlic clove, peeled and chopped
1 tsp butter
salt and fresh ground pepper to taste

the garlic and continue sautéing for another minute. Stir in the butter; season with salt and pepper to taste. •