

Homestyle Chicken Kiev

Ok, ok.....I am well aware that you can buy a perfectly good kiev at the chicken shop, butcher etc however in my book, homemade totally wins. Yes it takes a little more effort and who has time midweek to be pumping out these golden, crispy delicious bundles of garlic butter filled joy? Not many and that is why you should save this for the weekend....a sunday night dinner that will have you sitting atop your families shoulders as they parade you around the neighbourhood bellowing out their adulation of you being the "Best cook in the World"! Ok, my imagination got the better of me but you can count on being extremely popular for the evening....

Prep time: 30 mins

Cooking time: 20 mins

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Medium budget

Serves 4

Olive oil for frying

4 x 200-250gm chicken breast fillets with tenderloins in tact

100gm of unsalted butter, at room temperature

2 cloves of garlic, finely chopped

1 tbs of finely chopped flat leaf parsley

1 tsp of grated lemon rind

A squeeze of lemon juice

Sea salt and Pepper

2 tbs of plain flour

2 eggs

1 1/2 cups of Panko crumbs*

Steamed veggies to serve

In a small mixing bowl combine the butter, garlic, parsley, lemon juice and lemon rind and season with a little salt and pepper. Mix well to combine and spoon four portions on to a piece of baking paper. Use your hands to mould them into little 1cm wide x 5cm long logs. Pop in the fridge for 10 minutes to firm up.

Trim the chicken breasts of any fat and carefully slice away the tenderloin.

With a thin, sharp knife slice along the side of the breast making a nice deep burrow. Start about 2cm from the top and leave 2cm at the bottom. Be really careful not to penetrate the chicken with the knife as the butter will leak out when cooking. Stuff the breasts with the little logs of butter and

then place a tenderloin in the gap to seal it properly, tucking it in so its nice and comfy.

Get a little assembly line happening.....flour on a plate, eggs whisked in a shallow bowl and panko crumbs on a plate. Season the flour with a little salt and pepper and one by one, roll each breast in the flour (shaking off any excess), dip in the egg and the cover liberally with the crumbs. Place on a plate and refrigerate for 30 minutes. This will help the crumbs to stick when frying.

Pre heat the oven to 180°C. Heat a shallow frypan and add enough oil to just cover the bottom of the pan. Pop a couple of crumbs in to check when the oil is hot enough, they will start to bubble straight away. Start the frying process with the cut side down as the butter won't have time to melt before turning the chicken over and browning on all sides until golden. Transfer to a lined baking tray and pop in the oven, cut side up for 15 minutes or until cooked through.

I served ours with a combination of steamed veggies. A garden salad would be equally nice and you may also serve it with a side of spuds. Ours were pretty big so really didn't feel the need for major carb overload.....maybe I am calorie conscious?