Chicken Involtini with Fior di Latte, Prosciutto, Sage & Lemon–White Wine Pan Juices



Serves: 6
Prep Time: 30 mins (plus 20 mins chilling)
Cook Time: 25 mins

Ingredients

- 6 medium about 1.1–1.2 kg total chicken breast fillets
- 300g well drained and cut into 6 thick batons Montefiore Fior di Latte
- 12 thin slices, about 180 g prosciutto
- 18 leaves fresh sage
- 35g finely grated Parmigiano Reggiano
- 30ml extra virgin olive oil
- 180ml dry white wine
- 120ml chicken stock
- 35g cold and diced unsalted butter
- 1 zest plus 15 ml juice lemon
- 2 cloves, lightly crushed garlic
- 3g fine salt
- 1g black pepper

Method

STEP 1

Butterfly each chicken breast and place between sheets of baking paper. Pound evenly to about 5 mm thick. Season very lightly with salt and pepper; the prosciutto and Parmigiano are already salty.

STEP 2

Lay two slices of prosciutto slightly overlapping on the bench. Place a chicken escalope on top. Add 2 sage leaves, a thick baton of Fior di Latte and a light sprinkle of Parmigiano across the lower third. Roll tightly, folding in the sides as you go. Secure with kitchen twine or toothpicks. Repeat.

STEP 3

Chill the involtini for 15–20 minutes to firm. Preheat the oven to 190°C conventional / 170°C fan-forced.

STEP 4

Heat olive oil in a large ovenproof frying pan over medium-high heat. Sear the involtini seam-side down first, then turn until the prosciutto is lightly golden all over, about 4–5 minutes total.

STEP 5

Add garlic and remaining sage to the pan for 30 seconds. Pour in the white wine and let it reduce by about half. Add chicken stock, then transfer the pan to the oven for 8–12 minutes, or until the thickest part of the chicken reaches 74°C.

STEP 6

Transfer the involtini to a warm plate and rest for 5 minutes. Return the pan to medium heat and reduce the juices slightly. Remove from heat and whisk in the cold butter, lemon juice and lemon zest.

STEP 7

Remove twine/toothpicks. Slice two or three involtini on a sharp diagonal so the melted Fior di Latte is exposed and can ooze from the centre. Spoon the glossy sage and lemon–white wine pan juices around the chicken.