

Chicken Breast & Strigoli Cream
(Petto di Pollo alla Crema di Strigoli)

INGREDIENTS:

Servings: 2 people

Petto di Pollo:

5-6 oz boned chicken breasts with skin	2
Unsalted butter	2 tsp
Italian white wine	3 tbs

Ripieno:

Extra-virgin olive oil	2 tsp
Minced shallots	1 tsp
Minced garlic	1 tsp
Fresh mushrooms, stemmed	5 oz
Dried porcini, soaked in cold water, cleaned, chopped	1 oz
Minced parsley	1 tbs
Italian white wine	2 tsp
Ground veal or pork	1 oz
Parmigiano-Reggiano	2 tbs

Sauce:

Unsalted butter	1 tsp
Minced shallot	2 tsp
Chopped strigoli, arugula or chioggia (radicchio)	1 tbs
Italian white wine	3 tbs
Concentrated stock	1/4 cup
Heavy cream	2 tbs
Cornstarch mixed with 1 tsp water, optional	1tsp
Salt, freshly ground white pepper and nutmeg	to taste

Servings: 4 people

Petto di Pollo:

5-6 oz boned chicken breasts with skin	4
Unsalted butter	1 tbs
Italian white wine	1/4 cup

Ripieno:

Extra-virgin olive oil	1 tbs
Minced shallots	2 tsp
Minced garlic	1 tsp
Fresh mushrooms, stemmed	10 oz
Dried porcini, soaked in cold water, cleaned, chopped	1 oz
Minced parsley	2 tbs
Italian white wine	1 tbs
Ground veal or pork	2 oz
Parmigiano-Reggiano	3 tbs

Sauce:

Unsalted butter	2 tsp
Minced shallots	1 tbs
Chopped strigoli, arugula or chioggia (radicchio)	2 tbs
Italian white wine	1/4 cup
Concentrated stock	1/2 cup
Heavy cream	3 tbs
Cornstarch mixed with 1 tsp water, optional	1/4 tsp
Salt, freshly ground white pepper and nutmeg	to taste

Servings: 6 people

Petto di Pollo:
5-6 oz boned chicken breasts with skin 6
Unsalted butter 2 tbs
Italian white wine 1/3 cup

Ripieno:
Extra-virgin olive oil 1 tbs
Minced shallots 1 tbs
Minced garlic 1 tsp
Fresh mushrooms, stemmed 15 oz
Dried porcini, soaked in cold water, cleaned, chopped 1 oz
Minced parsley 3 tbs
Italian white wine 1 tbs
Ground veal or pork 3 oz
Parmigiano-Reggiano 1/4 cup

Sauce:
Unsalted butter 1 tbs
Minced shallots 2 tbs
Chopped strigoli, arugula or chioggia (radicchio) 3 tbs
Italian white wine 1/3 cup
Concentrated stock 3/4 cup
Heavy cream 1/4 cup
Cornstarch mixed with 1 tsp water, optional 1 tsp
Salt, freshly ground white pepper and nutmeg to taste

Servings: 8 people

Petto di Pollo:
5-6 oz boned chicken breasts with skin 8
Unsalted butter 2 tbs
Italian white wine 1/2 cup

Ripieno:
Extra-virgin olive oil 2 tbs
Minced shallots 2 tbs
Minced garlic 1 tsp
Fresh mushrooms, stemmed 1 1/4 pounds
Dried porcini, soaked in cold water, cleaned, chopped 2 oz
Minced parsley 1/4 cup
Italian white wine 2 tbs
Ground veal or pork 4 oz
Parmigiano-Reggiano 1/3 cup

Sauce:
Unsalted butter 2 tbs
Minced shallots 2 tbs
Chopped strigoli, arugula or chioggia (radicchio) 1/4 cup
Italian white wine 1/2 cup
Concentrated stock 1 cup
Heavy cream 1/3 cup
Cornstarch mixed with 1 tsp water, optional 1 tsp
Salt, freshly ground white pepper and nutmeg to taste

Servings: 10 people

Petto di Pollo:

5-6 oz boned chicken breasts with skin	10
Unsalted butter	3 tbs
Italian white wine	1/2 cup

Ripieno:

Extra-virgin olive oil	2 tbs
Minced shallots	2 tbs
Minced garlic	1 tsp
Fresh mushrooms, stemmed	1 3/4 pound
Dried porcini, soaked in cold water, cleaned, chopped	2 oz
Minced parsley	1/3 cup
Italian white wine	2 tbs
Ground veal or pork	5 oz
Parmigiano-Reggiano	1/3 cup

Sauce:

Unsalted butter	2 tbs
Minced shallots	3 tbs
Chopped strigoli, arugula or chioggia (radicchio)	1/3 cup
Italian white wine	1/2 cup
Concentrated stock	1 1/4 cups
Heavy cream	1/2 cup
Cornstarch mixed with 1 tsp water, optional	1 tsp
Salt, freshly ground white pepper and nutmeg	to taste

Servings: 12 people

Petto di Pollo:

5-6 oz boned chicken breasts with skin	12
Unsalted butter	3 tbs
Italian white wine	2/3 cup

Ripieno:

Extra-virgin olive oil	2 tbs
Minced shallots	2 tbs
Minced garlic	2 tsp
Fresh mushrooms, stemmed	2 pounds
Dried porcini, soaked in cold water, cleaned, chopped	2 oz
Minced parsley	1/3 cup
Italian white wine	2 tbs
Ground veal or pork	6 oz
Parmigiano-Reggiano	1/2 cup

Sauce:

Unsalted butter	2 tbs
Minced shallot	3 tbs
Chopped strigoli, arugula or chioggia (radicchio)	1/3 cup
Italian white wine	2/3 cup
Concentrated stock	1 1/2 cups
Heavy cream	2/3 cup
Cornstarch mixed with 1 tsp water, optional	1 tsp
Salt, freshly ground white pepper and nutmeg	to taste

TOOLS:

Chef's knife
Cutting board
Meat pounder
Saut  pan
Food processor
Kitchen string or toothpicks
Baking dish
Wooden spatula

PREPARATION:

Butterfly the chicken breasts by making a lengthwise slash in the center of the underside of the chicken. Then make a horizontal slash about 1/2in deep, so the chicken breast opens like a book. Lightly pound to even thickness to about 1/4in.

Prepare the ripieno:

Peel and mince the garlic, and finely chop the shallots. Grate the cheese. Heat the oil in a medium saut  pan, and saut  the shallot and garlic over medium heat until fragrant. Add the mushrooms, and stir continuously to prevent burning. Add the parsley and wine, and stir until almost dry. Transfer to a food processor or blender and chop very, very finely to almost a pur e. Transfer to a bowl, mix with ground meat and Parmigiano-Reggiano.

Shape ripieno into a log. Fold short ends of breast over, then long ends. Secure with string or toothpicks.

Preheat the oven to 400_ F.

In a medium saut  pan, melt the butter. Sear the chicken breasts on all sides to seal in juices, about 1 minute per side. Transfer to a baking pan, place in the center of the oven, reduce heat to 350_ F and bake for 18-20 minutes or until done. Remove from oven and leave for a few minutes, so juices redistribute for easier cutting.

Meanwhile, prepare the sauce:

In the same pan used for searing the chicken, saut  the shallot over medium heat until fragrant. Add the chioggia and stir. Scraping the bottom of the pan, add the wine, and deglaze to release the caramelized juices. Simmer for 1 minute. Pour in the stock, and reduce by a quarter over medium heat. Stir in the heavy cream and simmer for 1 minute. (If the sauce needs to be thicker, stir in the cornstarch.) Remove from the heat and season to taste.

To serve: Slice the chicken breast, and arrange in a radial pattern on each plate. Spoon sauce over, and serve immediately.

This recipe was taken from the Journal of Italian Food & Wine   Summer 1995.