

Taste the Hills

Recipes and Tips

Spring herb chicken Kiev

200g butter, softened
3 fat cloves garlic, peeled and crushed (less if you can find some wild garlic)
Small handful chopped fresh herbs eg parsley, tarragon, sorrel, chives
Juice of half a lemon
4 free-range skinless, boneless chicken breasts, about 150g each
Heaped tblsp plain flour
A little olive oil
2 large free-range eggs, beaten
100g breadcrumbs (fresh or dried)
Sea salt. Freshly ground black pepper

1. Preheat oven to 190°C and line a roasting tray with greaseproof paper. Sprinkle on a little oil.
2. To make the filling, mix the softened butter with the garlic, herbs, lemon juice and seasoning.
3. For the chicken breasts, check first to see if they have a separate under-fillet, which chefs call a supreme. If so, don't detach it. Using a small, very sharp knife, make a slit in the flesh of each breast fillet from top to bottom, creating a pocket at a slight slant.
4. Spoon the butter mixture into a piping bag and pipe into the pocket. If you have fillets with supremes, then simply fold these over the slits to cover them.
5. Mix the flour, pinch of paprika and seasoning together in a shallow bowl. Tip the beaten eggs into another shallow bowl and the breadcrumbs into a third. Toss the stuffed chicken breasts first into the flour to coat, shaking off any excess, then slide them one at a time into the egg and turn until covered. Finally, dip each into the breadcrumbs, again shaking off any excess. Lay the breasts, slit sides down, on a the oily papered tray.
- 6 Transfer the tray to the oven and cook for approximately 30 minutes until golden brown and the chicken is thoroughly cooked, turning once to coat well in butter juices and oil.

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