



TABLE ROCK HOUSE

RESTAURANT

STUFFED CHICKEN BREAST WITH BRIGHT'S HAVARTI AND SPINACH, AUGUST HARVEST BLACK GARLIC SAUCE

INGREDIENTS:

Stuffed Chicken:

- 4 boneless chicken breast (skin on)
- 1 cup shredded Bright's Havarti
- 1 cup fresh Spinach Leaves, cooked and chopped
- 1 tsp paprika
- salt and pepper, to taste
- 8 toothpicks

Black Garlic Sauce:

- 2 tbsp shallots chopped fine
- 2 cloves black garlic, chopped fine
- 1 tbsp butter
- 1 tbsp regular garlic, chopped
- 2 cups veal stock (or beef broth)
- 1 cup white wine
- 2 tbsp honey
- salt and pepper to taste
- 1 tbsp corn starch (optional)

METHOD:

Stuffed Chicken:

1. Place chicken breasts on a cutting board and cover with plastic wrap. Using a meat pounder or rolling pin, flatten the chicken breast until they are 1 cm thick
2. Add 2 ounce of cheese and 2 ounce of spinach to the middle each piece of chicken. Roll up and secure with 2 toothpicks in each, set in roasting pan.
3. Brush the top of chicken breasts with a 2-ounce layer of the garlic sauce. Sprinkle with paprika.
4. Cover the pan with foil and bake at 350 degrees F for 15 to 20 minutes or until chicken reaches and internal temperature of 165 degrees F.
5. Remove chicken from oven and place on a cutting board. Cut breast in half and show insides, serve with your choice of vegetable and starch, Wild Rice will pair very well with this dish.

Black Garlic Sauce:

1. In a Saucepan on medium high heat sauté shallots in butter until tender. Deglaze pan with wine Reduce together with chopped garlic and chopped black garlic until half of the volume is left.
1. Add honey, Veal or Beef stock and reduce by another half, season with Salt and Pepper. If using beef broth, may thicken sauce slightly with a little corn starch and water slurry.