



Allotment Gardening In North Essex -- At Home In The Kitchen
Stuffed Chicken Breast in Parma Ham

Ingredients: 2 portions

2 Chicken breasts skinned and boned
2 Slices of Parma Ham
50g 2oz Stilton cheese
25g 1oz Butter
Salt and pepper to taste

Note: I did not use any salt as there was enough salt in the cheese and ham.

You can use other filling with this method. i.e. garlic, pesto, other cheeses, herbs, lemon juice

Method:

1. Gently cut the chicken breast along the length of the chicken to make a pocket
2. Add 2/3rd of the Stilton to the fold of the chicken season with a little pepper.
3. Cover Stilton by folding over the top of the chicken breast
4. Wrap the breast of chicken with the parma ham
5. Place into a buttered and seasoned dish
6. Add the rest of the Stilton and butter
7. Cover with tinfoil
8. Cook at 200c for approx 15min and remove tinfoil
9. Cook for a further 15 min until cooked.
10. Serve