



GLORIOSO'S
APPETITO

Cucina | Eventi | Scuola

Culinary Foundations Series:
Chicken Saltimbocca

WITH CHEF BRENDAN FLEMING

Setting the Stage

Tools Needed:

- *Chef's Knife*
- *small & medium mixing bowls*
- *zester*
- *non-stick frying pan*
- *stainless steel or cast iron frying pan*
- *whisk*
- *sheet pan*
- *instant read thermometer*
- *plate for plating finished product*
- *small plate for finishing salad*

Prep Like a Pro:

- *In the professional kitchen, preparation divides success and failure. At home, there's more room to wiggle. Even so, readiness will take you a long way.*
- *To get ready, a professional chef lives by the code of mise en place, everything in its place. They set the stage and watch the final moments unfold with ease.*
- *At home, you can learn from the way professional chefs organize and prepare, but the most important thing is to have a good time.*
- *No matter the menu, the goal of all preparation is to show your love with food and enjoy the company at your table*

Ditch the Stress:

- *Good meals take time. Enjoy shopping and prep work. Let yourself glow in the imagination and planning. Cooking is a joyful process.*
- *Start simple and build your toolbox of recipes and techniques. If there's baking to do, bake ahead. If there's a cold dessert or dressing that can be done the day before, do it then. Make your soup and chill it overnight. Marinate meat for a day or two. Good recipes will indicate what can be done ahead and what must wait until showtime.*

You're Not In It Alone :

- *Like public speaking, remember that your audience is rooting for you. They've been there, too, and they are in your corner.*
- *Your guests can help you out. Let aunt Grace set the table. Cousin Carly can open the wine. Many hands make light work.*
- *Some of the best meal memories are of imperfections. Don't worry about the little things that go wrong. They always will, but they don't matter much.*

Radicchio, Butter Bean and Tuna Salad

6 Servings

PREP TIME: 25 MINUTES

COOK TIME: 10 MINUTES

TOTAL TIME: 35 MINUTES

1 14oz can Butter Beans (Carmelino Brand or similar)

1 Head Radicchio

1 6 Oz jar Tonnino Tuna Fillets in olive oil

1 Tbsp plus 1 tsp Olive Oil, extra to drizzle

1 Shallot, cut into thin slices

1 stalk celery, small dice (1/4 inch cubes)

1 sweet red pepper, small dice (1/4 inch cubes)

2 Tbsp chopped fresh Italian parsley (flat leaf)

Juice of 1 lemon, approx 3 Tbsp

Salt and Pepper to Taste

1. Drain and rinse butter beans. In a medium sized bowl, combine with 1 tbsp olive oil, sliced shallot, celery, red pepper, 1 Tbsp fresh parsley and lemon juice. Add salt and pepper to taste.
2. Cut the bottom off of the radicchio and peel leaves from the head. Set aside. **Discussion Point: Radicchio**
3. Lay a radicchio leaf curving upwards on each serving plate. Scoop butter bean mixture into radicchio leaf. Top with a slice of tuna and more fresh chopped parsley. Zest a bit of lemon on top and drizzle with extra olive.

Chicken Breast Saltimbocca

YIELD: 4-6 servings
PREP TIME: 35 MINUTES
COOK TIME: 25 MINUTES

6 small chicken breast filets (5-6 oz apiece)
6-8 thin slices Mastro or San Daniele prosciutto
12-14 fresh sage leaves, chopped fine
4 Tbsp good quality olive oil, divided
1 shallot, small dice
½ cup Prosecco sparkling wine
6 Tbsp cold butter, cubed
2 Tablespoons heavy cream.
1 bunch asparagus, cut into 1 inch sections
1 sweet red pepper, small dice
1 lemon
1 - 12 oz package Aurora firm polenta (tubes found in dry goods section at Gloriosos)
Salt and Pepper to taste

Directions

- 1) Trim Asparagus and cut into 1 inch sections. Cut red pepper into small dice. Toss asparagus and pepper with 1 tbsp oil, salt and pepper to taste. Zest ½ of lemon over the mixture and set aside. At this time, dice your shallot and set aside in a separate small dish.
- 2) Gently cut the packaging surrounding the tube of firm polenta and remove. Cut the polenta into ½ inch thick rounds. Heat a nonstick pan very hot, add 2 Tbsp olive oil and watch for a shimmer **Discussion Point: Heat and Fat.** Add polenta rounds and sear on each side until golden brown, giving each round plenty of room in the pan. When complete, set aside on a plate.

- 3) Pound out chicken breast to ¼ inch thickness. Season with salt and pepper. Lay prosciutto out lengthwise and sprinkle with chopped sage (it's okay if you don't use it all, any leftovers can go into the sauce). Place the pounded out chicken breast over the slice of prosciutto and roll it up. Set aside. **Discussion Point: Rolling.**
- 4) Heat a stainless steel or cast iron pan very hot. Add olive oil and watch for a shimmer. Place rolled chicken breast crease side down and sear until golden brown and crispy. Turn and sear the other side to the same color and crispness. To achieve optimal browning, rolls must have plenty of room in the pan (at least an inch in between them). Do them in batches for best results. When rolls are seared, remove them to a sheet pan and set aside. They will not be cooked all the way through. We will finish them in the oven.
- 5) Once all the chicken has been seared, add shallots to the same pan and sweat for a moment. Deglaze pan with prosecco and reduce to a syrup-ey consistency. Add cream and reduce by half. Remove from heat and whisk in cold butter to nappe consistency. Add extra salt and pepper and extra sage to taste. **Discussion Point: Nappe Consistency**
- 6) Heat oven to 415 degrees. Roast vegetables until tender, approx 15 minutes.
- 7) At the same time, roast chicken rolls in the same oven until internal temperature reaches 155-160 degrees. Approximately 12-15 minutes.
- 8) Warm polenta rounds in oven until piping hot, approximately 10 minutes.
- 9) Plate and serve. **Discussion Point: Presentation and the Final Moments.**

#gloriososmarket