



FireBird Restaurant Chicken Kiev

Ingredients:

2 Teaspoons Dill Chopped

2 Tablespoons Lemon Juice 1 Teaspoon Anchovy Paste

½ Teaspoon English Mustard

4 Egg Yolks

½ Teaspoon Garlic Puree

½ Cup Chopped Parsley

½ Cup Chopped Baby Spinach

½ Cup Chopped Baby Arugula

12 oz Butter Unsalted

Salt and Pepper to Taste

All Purpose Flour As Needed

4 Large Eggs Beaten

Bread Crumbs as Needed

4 Chicken Breast

Directions:

Blend the Butter with the Dill, Lemon Juice, Anchovy Paste, English Mustard, Garlic puree, Parsley, Baby Spinach, Baby Arugula, and Pepper while slowly adding the egg yolk.

On a plate, shape the butter into 4 portions. Cover the plate with plastic wrap and refrigerate until completely firm, about 2 hours. .

Place each chicken breast between two sheets of wax paper and pound with the flat side of a meat pounder until very thin, taking great care not to rip the meat. If it does tear press it together until it sticks. .

Sprinkle the flattened breasts with salt and place a butter finger lengthwise on each. Tuck in the ends and roll the breast up. Secure with a toothpick if necessary and make sure there are no visible openings or tears in the meat, so the butter has no way of leaking out during cooking.

Dip the rolls in flour, then into the beaten egg then roll in bread crumbs, making sure they are thoroughly coated.

Place the breaded rolls on a platter covered with plastic wrap and refrigerate for at least 4 hours.

When ready to cook, preheat the oil in a deep pan to 350°F.

Drop four of the chicken rolls into the hot oil. Cook on all sides for 3--5 minutes until deep golden brown. Transfer to paper towels to drain, and finish off in a preheated 350°F oven for 15 minutes.

Repeat the procedure with the rest of the chicken.

