

# *Italian Chicken Cordon Blue with Sour Cream Mashed & Lemon Asparagus*

## Ingredients:

### **Chicken**

1 ea. Chicken Brst, b/s/sk/s  
1 oz Sopressatta Ham, hot  
2 oz Provolone, Sharp, sliced  
Season Salt/Pepper

### **Breading**

2 ea. Eggs, Whisked  
1 tsp. Water  
Seasoned Flour  
Italian Seasoned Bread Crumbs  
Olive Oil to Pan Fry

### **Pan Sauce**

½ ea. Shallot, Sliced  
1 c. Wild Mushrooms  
1 tsp Italian Seasoning  
½ c. White Wine/Stock  
1 ½ c Chicken Stock  
1 T Butter  
To Taste Salt/Pepper

## Directions:

Heat Olive Oil in pan to 330°F. Pound chicken breast to even thickness of ¼ to ½ inch. Season with Salt/Pepper, place ham and cheese on top and roll tightly, ensuring ham and cheese is sealed inside. Dredge in flour, egg wash, bread crumbs, ensure chicken is covered well. Refrigerate 20 to 30 minutes. Place in oil and turn to brown on all sides and cook to internal temperature of 165°F. If oven is avail remove from oil and finish in oven. Drain off excess oil and sauté mushrooms and shallots. Deglaze with wine or stock, singer with flour, add remaining stock, add seasonings and finish with butter. Plate ingredients as desired.