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## Chicken Saltimbocca | White Wine Pan Sauce *(serves 4)*

*4 chicken breasts*

*8 large sage leaves*

*8 slices prosciutto, thinly sliced*

*olive oil*

*150 ml white wine*

*50 g unsalted butter, cold and diced (or as needed)*

*juice of 1/2 lemon, or to taste*

*green salad, or braised greens, to serve*

*crusty bread, to serve (optional)*

* Preheat your oven to 350 F.
* Slice your chicken breast lengthwise into 2 escalopes then use a mallet, or a heavy pan, to bash them out to an even thickness – they should be about 5mm thick.
* Season the chicken breasts with salt and pepper, being economical with the salt since you’ll be wrapping the chicken with prosciutto, which is quite salty.
* Place 2 sage leaves on one side of each chicken breast, then wrap the chicken breasts with the prosciutto slices, so that the seam is on the bottom of the chicken breast (you may need to trim the prosciutto slices) – the sage leaves will be on the presentation side.
* Arrange a rack on a sheet pan.
* Heat some olive oil in a non-stick frying pan over a medium to medium-high heat, then sauté half of the saltimbocca, with the presentation side down for 2-3 minute until nicely golden. Use tongs to turn them and cook for another 2-3 minutes.
* Transfer to the rack, while you cook your second batch, then transfer the saltimbocca to the preheated oven, while you make your pan sauce (pour off any juices to use in your sauce).
* Turn up the heat under your pan, then add the white wine to deglaze. Using a wooden spoon, scrape the caramelized goodness into your wine, while reducing by half.
* Turn your sauce down to a simmer, and use a whisk to incorporate the chicken juices, then whisk in the butter, one piece at a time, to enrich and thicken your sauce.
* Season to taste with salt and lemon juice.
* Return the chicken to the pan to heat through, and serve with a green salad, or braised greens, and some crusty bread.

## Equipment

* A knife and cutting board
* A meat mallet or a heavy bottomed saucepan for “hammering” with
* A large non-stick fry pan
* Tongs
* Cooling rack
* A cookie sheet
* A wooden spoon

**MISE EN PLACE**

*\*\*If you are planning to follow along with us during the class, below is a list of prep we recommend you have done beforehand to make it easier to cook along with us.*

* Gather all of the ingredients
* Remove the chicken from the fridge and allow to get up to room temperature one hour before the class
* Dice butter into small cubes and return to the fridge to stay cold