

# Chicken Florentine

Serves – 4-6 persons

STEP	AMOUNT	INGREDIENT	PROCEDURE
	Quantity		
1	½ Cup 1 Cup 2 Cups 4 pieces / 8 oz each	<b>All Purpose Flour</b> <b>Whole Eggs</b> , Beaten with a whisk until well blended <b>Italian Seasoned Bread Crumbs</b> , from store or homemade <b>Chicken Breasts, boneless, skinless</b> , cut in half to create 8 each - 4 oz pieces, lightly pound each piece with a mallet	Set up 3 bowls or pans large enough to hold the chicken. Place the All Purpose Flour in one, beaten whole eggs in the next and Italian Seasoned Bread Crumbs in the final one. Dredge all the chicken breast in the flour, then the egg wash, then the Italian Seasoned Bread Crumbs and place onto a tray before cooking. Chicken may be prepared and refrigerated at this point.
2	4 oz 8 pieces	<b>Canola Oil</b> , all other oils can be used to suit your preference <b>Breaded Chicken</b> , the 8 pieces from the prep above	For Cooking – In a large 12” – 14” non-stick pan or on an electric griddle place the <b>Canola Oil</b> in the pan and heat. Place <b>Breaded Chicken</b> in the pan ensuring there is a little sizzle which indicates the oil is hot. Chicken should be separated and not over-lapped; if a smaller pan is used please do this in 2 batches. Cook chicken for approximately 2-3 minutes and a golden brown color is achieved, then flip over and cook for approximately 2 more minutes until the chicken is completely cooked to <b>165°</b> .
3	1 lb 1 oz 1 oz 1 oz 1 Tbsp 8 - 10 oz 2 oz 1 oz Pinch or As Needed (¼ tsp pinch)	<b>Fresh Spinach or 8 oz Frozen Spinach</b> <b>Olive Oil</b> <b>White Onions, finely diced</b> <b>Sun Dried Tomatoes, finely diced</b> <b>Fresh Garlic, chopped</b> <b>Heavy Whipping Cream,</b> <b>Fontina Cheese, shredded</b> <b>Asiago Cheese, shredded</b> <b>Kosher Salt</b> <b>Black Pepper, ground</b> <b>Nutmeg, ground</b>	If using the <b>Fresh Spinach</b> , it needs to be steamed or lightly sautéed in advance and cooled. Both the <b>Frozen Spinach</b> and <b>Sautéed Spinach</b> need to be lightly chopped before using.  In a 10” – 12” sauté pan heat the olive oil with the <b>Chopped White Onions</b> and cook for about 2-3 minutes until translucent. Add the <b>Diced Sun Dried Tomatoes</b> and <b>Diced Fresh Garlic</b> and cook for about 1 – 2 minutes. Add the <b>Heavy Whipping Cream</b> and bring to a simmer. Then add the <b>Chopped Spinach</b> and cook for another 1-2 minutes until the mixture begins to thicken. Then add the <b>Fontina and Asiago Cheese</b> and quickly distribute throughout the mixture. Turn the heat off. Season the mixture with <b>Kosher Salt, Ground Black Pepper</b> , and a pinch of <b>Nutmeg</b> .
4	<b>Plating</b>	<b>Creamed Spinach</b> <b>Breaded Chicken – 8 pieces</b> <b>Fresh Lemon</b> , 1 each cut into ¼’s	Place the <b>Creamed Spinach</b> on the bottom a large platter or on 2 plates, place the cooked <b>Breaded Chicken</b> on top of the <b>Creamed Spinach</b> . Garnish with <b>Fresh Lemon Quarters</b> .

**Notes:** Work area and utensils must be clean and sanitary; always wear vinyl gloves when handling food