

SIMPLY GOOD with Matt Reeves

Monday, August 8, 2022

Chicken Cordon Bleu

Ingredients

4 frozen chicken breasts (thawed)	2 c. chicken breading flour
8 oz. sliced ham	2 c. flour
1 pkg. fresh Swiss cheese (unprocessed)	1 T. pepper
1 qt. buttermilk	1 T. garlic powder
1 egg	1 T. Lawry's seasoned salt
4 oz. Velveeta cheese	1 tsp. cayenne pepper
1 c. heavy cream	1 box Panko breadcrumbs

Instructions:

1. Place the chicken breasts between two sheets of plastic wrap, and use a meat mallet or rolling pin to pound them until they're about ¼" thick.
2. Top each piece of chicken with one slice of Swiss cheese, folded in half, and two ounces of ham. Roll tightly, tucking in the sides and keeping a tootsie roll-like shape. Place seam side down on a baking sheet.
3. Mix together chicken breading flour, flour, pepper, garlic powder, Lawry's seasoned salt, and cayenne pepper for the dredge. Put in a shallow dish, and set aside.
4. Mix together the buttermilk and egg for the milk wash. Put in a shallow dish, and set aside.
5. Put Panko breadcrumbs in a shallow dish as well, and set aside.
6. Place one chicken breast at a time in dredge, and coat well, while lightly pushing onto all sides of the chicken without flattening it.
7. Then place coated chicken breast into the milk wash, making sure it's completely covered and no flour spots can be seen.
8. Next, place the chicken breast into the Panko breadcrumbs, and coat well, while pressing from all sides and keeping its shape. Repeat with all chicken breasts, and place them on a pan or into a dish and refrigerate for 30 minutes.
9. Meanwhile, preheat oven to 325°F., and heat fryer or oil in a deep skillet or stock pot to 350°F.
10. Place chicken breast into frying oil and fry until golden brown, about 2-3 minutes. Then place back into pan.
11. Bake for 15-20 minutes or until juices run clear and internal temperature is 165°F.
12. While chicken breasts are baking, melt together Velveeta cheese and heavy cream in a pot until creamy. Once chicken breasts are done, top with cheese sauce and enjoy!

Creamed Corn

Ingredients

2 lb. bag frozen white corn (thawed)	1 c. flour
1 qt. heavy cream	2 c. Parmesan cheese
1 c. sugar	Salt and pepper
½ c. butter (one stick)	

1. Instructions:

1. Place corn and heavy cream in a pot on medium heat.
2. Once warm, add sugar and salt and pepper.
3. In a separate pan, melt butter, and then stir in flour to make a rue. Once thoroughly combined, cook for one to two minutes.
4. Add rue into corn mixture slowly until it starts to thicken, and keep whisking constantly so flour mixture doesn't clump up.
5. Finally, whisk in the cheese until completely melted and combined. Serve.