








Beckett's Farm

STARTERS

Chicken in Parma Ham



Method

-  2 chicken breasts, skin and bones removed
-  6 sage leaves
-  6 slices Parma ham
-  1 ½ tbsp rapeseed oil
-  10gm butter
-  50ml dry white wine
-  Salt and pepper

1. Slice each chicken breast into 3 long strips. Top with a sage leaf and wrap around with a slice of Parma ham, making sure that the chicken and sage are well enclosed
2. Heat oil and butter in a heavy non-stick pan and add the wrapped chicken. Sauté the chicken on each side for a total of 5-6 minutes or until lightly browned. Add the wine and simmer for a further 3-4 minutes, until reduced by half
3. Season chicken with salt and pepper, divide between four plates and serve with crusty bread

Ingredients serve 4