

Chicken Cordon Bleu - Lauren Allen

Makes 8 Servings

Preparation: 15 minutes, Cook Time: 30 minutes

Recipe: by Lauren Allen of *Tastes Better From Scratch - Taste of Europe Digital Cookbook*

Source: <https://tastesbetterfromscratch.com/chicken-cordon-bleu/>

"My favorite Chicken Cordon Bleu includes rolled up layers of ham and Swiss cheese with a crunchy coating, topped with a simple sauce" - Lauren Allen



8 thin slices ham

8 ounces swiss cheese, sliced or shredded

4 boneless, skinless chicken breasts, about 2 pounds

salt and freshly ground black pepper

3 cups corn flake crumbs, breadcrumbs

6 tablespoons butter, melted

1 cup mayonnaise

2 teaspoons yellow mustard, to taste

1. Pat the chicken dry with paper towels. Using a sharp knife, cut each chicken breast in half horizontally to create two thinner pieces. Place each chicken breast half between two sheets of plastic wrap and use a meat mallet or rolling pin to pound them into thin, even pieces, being careful not to tear the meat.
2. Place a slice of ham and a handful of shredded Swiss cheese on each pounded chicken breast half. Roll the chicken tightly around the filling, tucking in the sides slightly to secure. Place each rolled chicken breast onto a new piece of plastic wrap.
3. Wrap each chicken roll tightly in plastic wrap, pinching the excess plastic on the sides to form a tootsie-roll shape, and twist the ends to secure. Refrigerate the wrapped chicken bundles for at least 30 minutes or up to one day in advance.
4. Preheat the oven to 400°F. Remove the chicken bundles from the refrigerator and unwrap them. Season the outside of each chicken roll with salt and pepper.
5. In a food processor, pulse the cornflake crumbs until fine. Transfer the crumbs to a shallow dish or pie plate. In a separate shallow dish, melt the butter.
6. Dip each chicken bundle into the melted butter, then coat thoroughly in the cornflake crumbs, pressing lightly to help the crumbs adhere. Place the coated bundles onto a lightly greased baking sheet.
7. Bake on the center oven rack for about 30 minutes, or until the chicken is cooked through (use a thermometer to confirm the internal temperature reaches 160°F, inserting it into the chicken, not the filling).
8. While the chicken bakes, make the sauce by stirring together the mayonnaise and yellow mustard. Taste and adjust the amount of mustard as desired.

Notes:

Cheese: The most popular type of cheese to use when making chicken cordon bleu is Swiss cheese and I love the way it pairs with the ham and chicken. HOWEVER, feel free to substitute any other cheese and I have no doubt the results would be equally as delicious!

Cornflakes: regular breadcrumbs, Panko, crushed ritz crackers would also work.

Sauce: I use a very simple sauce for my chicken cordon bleu; mayonnaise and mustard mixed together. This is how we enjoy it in our family, but here is a more traditional chicken cordon bleu sauce recipe if you prefer.

Make ahead instructions: Prepare the recipe through step 4 (wrapping stuffed chicken breasts and placing them in the refrigerator). Store for up to one day and prepare as directed.

Freezing instructions: Prepare the recipe through step 4 and place wrapped chicken breasts in a freezer safe container or ziplock bag. Freeze for up to 3 months. Thaw in the refrigerator overnight and continue with step 5 of the recipe.