



Chicken Saltimbocca

In Italian, saltimbocca means to “leap into the mouth.” This popular dish does just that. While saltimbocca is traditionally made with veal, I like to use chicken; in Italy, they often use fresh, young turkey.

Serves 4

	4	whole boneless, skinless chicken breasts
	4	large, fresh sage leaves (more if leaves are small)
	4	thin slices prosciutto
	¼ cup	flour
4 to 6 tablespoons		olive oil
	8	large white mushrooms, sliced
8 tablespoons		butter
	1 cup	white wine
	4	cloves garlic, peeled and chopped
	¼ cup	fresh chopped parsley
	¼ cup	Chicken Stock (page 54)
	1 pound	fresh baby spinach, washed
¼ cup (2 ounces)		chopped prosciutto

Thoroughly trim the chicken breasts, separate into halves. Place between two sheets of plastic wrap and, using a mallet, pound gently to ½-inch thick. Arrange the chicken breasts lengthwise on a clean work surface and center a sage leaf on each breast. On top of the sage, angle 1 slice of prosciutto—the upper half should cover the center of the chicken, and the lower half should extend beyond the chicken and onto the work surface. Lightly pound the prosciutto into the chicken.

Gently flip the chicken breast to the opposite side and fold the extended prosciutto across the center of the chicken. Pound lightly. Place the flour in a shallow dish and carefully coat each chicken breast with flour, making sure both sides are evenly covered.

Place 4 tablespoons of oil in a large skillet and heat to medium high, (375 degrees F). Add the chicken and brown on both sides. If the oil has been absorbed, add another 2 tablespoons and heat briefly. Add the mushrooms and brown lightly. Discard any extra oil. Add the butter to the pan and melt. Add the wine, chicken stock, parsley, and half of the garlic. With a long match or long-tipped lighter, ignite the sauce and allow the alcohol to burn off for a few seconds. Continue to cook until the alcohol has evaporated and the sauce is reduced.

In a separate skillet, heat 2 tablespoons of oil over medium-high heat. Add the spinach, remaining garlic, and chopped prosciutto. Sauté until the spinach is wilted. Divide the spinach mixture among four plates and top each spinach bed with a chicken breast. Pour the sauce over the chicken and serve immediately.

A Tip From Joey

To give this dish a little extra kick, I like to add—while the sauce is reducing—1 teaspoon Dijon mustard, 1 teaspoon Worcestershire sauce, and 1 tablespoon fresh lemon juice.