

CHICKEN CORDON BLEU

A gourmet treat easily and quickly made in the microwave in less than 10 minutes and golden brown too!

UTENSILS: PAIR O' TRAYS; MULTI RAX

3	whole chicken breast, skinned, boned and halved	3
2 cups	cornflake crumbs	500 ml
½ cup	butter	125 ml
3	slices of ham (paper thin)	3
3	slices of Swiss cheese (paper thin)	3
1/4 cup	milk	50 ml
1	egg, beaten	1
	BROWN & SPICE,* sprinkle over top	

* BROWN & SPICE IS MADE BY MICRO-MAC PRODUCTS

METHOD:

1. Flatten halves of chicken breast with meat mallet or by pounding with base of Petit Tote Pot (easier to roll).
2. Place skinned side of chicken down, layer with a slice of ham and cheese. Roll up from the thin to the thick end, fasten with a toothpick** or hold together when coating.
3. Slightly beat milk and egg together in a small bowl. Dip each rolled up chicken breast in milk mixture then roll in cornflake crumbs.
4. Place open side down on Multi Rax in Tray.
5. Drizzle with melted butter and sprinkle with Brown & Spice (poultry).
6. Cover with clear tray and microwave 3-5 minutes on 100% power. Let stand covered 3-4 minutes. Chicken pieces will be brown. After standing time no raw chicken should be evident (ends may look white/pink but remember the cheese and ham inside). Serve plain or with a sauce.

MICRO MEMO:

For even cooking make sure pieces are even in size. Place in a circle on Rax with thickest portion to the outside. Overcooking chicken will cause toughness. Don't worry if chicken is slightly undercooked when removing from microwave ... it will finish cooking during standing time.

**Toothpicks are not necessary as long as open side of chicken is placed down on the Rax it will seal during cooking.