

Chef John39s Chicken Kiev

Jacob · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 50 mins

Description

This chicken Kiev with homemade garlic and parsley butter might take a bit more time but the delicious results are well worth the effort Youll enjoy one of the greatest chicken experiences of your life as well as one of the greatest garlic butter experiences of your life

Ingredients

- - 2 cloves garlic
- minced - 1 pinch salt - 2 tablespoons chopped fresh flat-leaf parsley - 6 tablespoons unsalted butter - 4 (8 ounce) skinless
- boneless chicken breast halves
- pounded to 1/4-inch thickness - salt and pepper to taste - 1 cup all-purpose flour - 2 teaspoons salt - 2 large eggs
- beaten - 2 cups panko bread crumbs - 1 pinch cayenne pepper - 2 cups vegetable oil for frying
- or as needed

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Grind garlic and pinch of salt together in a mortar and pestle until smooth; add parsley and mix well. Pound butter into garlic mixture with the pestle until well combined. Wrap butter mixture in plastic wrap; refrigerate until cold
2. at least 15 minutes. Dotdash Meredith Food Studios Season chicken breasts with salt and pepper. Place 1/4 of the butter mixture in the center of the wider end of each chicken breast. Dotdash Meredith Food Studios Fold the narrower end of each chicken breast up over the butter to form a tight pocket around the butter; gather the sides of each chicken breast to the center to form a round ball. The top of each chicken ball will be smooth and the bottom will be gathered. Tightly wrap each chicken ball in plastic wrap; transfer to a plate and chill in the freezer until the gathered bottoms hold together and are slightly firm
3. about 30 minutes. Dotdash Meredith Food Studios Whisk flour and 2 teaspoons salt together in a shallow bowl. Whisk eggs together in another shallow bowl. Pour panko bread crumbs into a third bowl. Dotdash Meredith Food Studios Remove chicken breast balls from plastic wrap. Gently press them into the flour mixture to coat; shake off any excess flour. Dip into beaten eggs
4. then press into bread crumbs. Place breaded chicken on a plate; cover with plastic wrap
5. and return to the freezer to chill until firm
6. about 15 minutes. Dotdash Meredith Food Studios Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil. Working in batches
7. place chicken
8. gathered-side down
9. in the hot oil and cook until lightly golden
10. about 1 minute per side. Transfer chicken to the prepared baking sheet; sprinkle salt and cayenne pepper over the top. Dotdash Meredith Food Studios Bake in the preheated oven until you can hear the butter start to sizzle on the baking sheet
11. 15 to 17 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Dotdash Meredith Food Studios Let rest for a few minutes before serving. Dotdash Meredith Food Studios From the Editor Nutrition data for this recipe includes the full amount of breading ingredients. The actual amount of breading consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
12. ingredient density
13. and specific type of oil used.