

Cordon Bleu

Classic French Chicken Cordon Bleu with ham and cheese. Easy homemade recipe with crispy coating and melted cheese center. Perfect main dish!

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| 20 | 30 | 50 | 1 | Easy |
| PREP MIN | COOK MIN | TOTAL MIN | SERVINGS | DIFFICULTY |

Cordon Bleu

Ingredients

- 4 chicken meat
- 2 slice mozzarella cheese
- 3 tbsp flour
- 1 tbsp crushed red pepper
- 0.25 tbsp chili flakes
- 1 tbsp olive oil
- 2 slice ham
- 0.5 tbsp mustard

Instructions

- 1 Prepare the chicken**

Place the 4 chicken breasts between sheets of plastic wrap or parchment paper. Pound with a meat mallet or rolling pin until evenly flattened to ¼-inch thickness.
- 2** Season both sides of each flattened chicken breast with salt and pepper.
- 3 Add the filling**

Place ½ slice of ham and ½ slice of cheese on one end of each chicken breast, leaving a 1-inch border around the edges.
- 4** Roll each chicken breast tightly around the filling, tucking in the sides as you roll. Secure with 2-3 toothpicks inserted at an angle.
- 5 Prepare the coating**

Mix 3 tablespoons flour, 1 tablespoon powdered mustard, and ¼ tablespoon red pepper in a shallow dish until well combined.
- 6** Roll each stuffed chicken breast in the seasoned flour mixture, coating all surfaces evenly. Set aside for 5 minutes to let the coating adhere.
- 7 Cook the cordon bleu**

Heat 1 tablespoon oil in a large skillet over medium heat until shimmering, about 2 minutes.
- 8** Add the coated chicken rolls seam-side down and cook for 6-8 minutes until golden brown. Turn and continue cooking, rotating every 6-8 minutes, until all sides are golden and the internal temperature reaches 165°F (74°C), about 25-30 minutes total.
- 9** Remove from heat and let rest for 3 minutes before carefully removing toothpicks and slicing to serve.

Tips

Pound the chicken breasts to an even ¼-inch thickness between plastic wrap to prevent tearing and ensure uniform cooking throughout the meat.

Don't overstuff the chicken with ham and cheese – a thin layer of each will prevent leaking and make rolling easier.

Secure the chicken rolls tightly with toothpicks, inserting them at an angle to prevent the filling from escaping during cooking.

Let the coated chicken rest for 5-10 minutes before cooking to help the flour coating adhere better and create a crispier exterior.

Use medium heat when pan-frying to ensure the chicken cooks through completely without burning the coating – high heat will brown the outside too quickly.

Check for doneness by inserting a meat thermometer into the thickest part; it should read 165°F (74°C) for safe consumption.

Allow the cooked chicken to rest for 2-3 minutes before slicing to help the juices redistribute and prevent the filling from oozing out.

Remove toothpicks carefully before serving and slice with a sharp knife to maintain the attractive presentation with visible layers.