



# The **ingles** Table

with Chef Derek St. Romain  
**Sausage Stuffed Chicken Breast**

## Shopping List

8 Boneless Skinless Chicken Breast  
1lb Sage or maple breakfast sausage  
2 cups celery, diced  
2 cups yellow onion, diced  
1 cup peppers, diced  
3 tbsl garlic, minced  
1 cup chopped parsley  
fresh rosemary  
fresh basil  
1 Bag Laura Lynn Herbed stuffing mix  
3 tbsl Olive oil  
4 tbsl Gruyere Cheese  
Cayenne, black and white pepper Salt to taste  
Smoked Cream Sauce-  
2 tbsl creamery salted butter 1 tbsl white flour  
Smoked Ham or Tasso Smoked Gouda Cheese Heavy Cream  
1 lemon to zest  
1 orange to zest



## Cooking Instructions

1. Brown Sausage in skillet and set aside
2. Chop vegetables and cook them in skillet for about 8 minutes till translucent.
3. Preheat Oven to 375 degrees
4. Loosely mix in large bowl, stuffing mix, vegetables and cooked sausage
5. Trim and filet and flatten chicken breasts
6. Roll a small hand full of stuffing into the chicken breast
7. Bake stuffed chicken breast for 20-22 minutes until the internal temperature is 165 degrees

## Sauce

1. Chop parsley
2. Melt butter and olive oil
3. Whisk in flour to make a blonde roux
4. Add room temperature cream
5. Add slices of cheese and season

## Plate

1. Pour sauce over plated chicken breast
2. Top with sliced capicola, chopped parsley, and lemon zest