



The **ingles** T a b l e

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 sliced capicola, chopped parsley, and lemon zest