

KALE AND PROSCIUTTO-WRAPPED CHICKEN BREASTS

(from the Bewitching Kitchen)

4 chicken breasts
kale leaves, tough stems removed
prosciutto slices
lemon juice
salt and pepper to taste
2 tablespoons olive oil

Set the sous-vide to 148F.

Season the chicken breasts with salt and pepper, rub a bit of lemon juice all over them. Wrap with kale leaves, then with prosciutto slices. If using the sous-vide, no need to worry too much about wrapping it all tightly because it will firm up as you seal the packages. If not using sous-vide, try to wrap as tightly and neatly as possible.

Seal the pieces of in a vacuum-bag and submerge in the water-bath for 2 hours (up to 4 hours will be ok). When the time is up, remove the chicken pieces from the bag, dry them well and sautee quickly both sides in olive oil, preferably using a non-stick skillet. Let it cool briefly and slice to serve.

If not using sous-vide, sear both sides of the chicken in olive oil, also using a non-stick skillet. When both sides are golden brown, add a little chicken stock to the pan, a squirt of lemon juice, reduce heat to a simmer, cover the skillet.

Cook until the chicken is done to your liking, it will probably take around 15 minutes.