

BACON WRAPPED CHICKEN BREASTS

Servings: 4



PREPARATION:

1. Preheat oven to 425 degrees F. Line a roasting pan with foil and rub with olive oil.
2. In a small bowl, whisk the mustard and honey and set aside. Put a piece of plastic wrap on a cutting board and lay the strips of bacon on it side by side, to let the bacon warm up to room temperature. This will make it easier to wrap the chicken breasts.
3. Pat chicken breasts dry. Sprinkle both sides with pepper, and a little salt (careful, the bacon is already salty enough for some). Wrap each chicken breast with 2 strips of bacon, not overlapping.
4. Place the wrapped chicken breasts in the prepared roasting pan. Brush the tops with the honey mustard mix.
5. Bake the chicken breasts for about 20 minutes, until they reach an internal temperature of 160 degrees F and the bacon is browned and crispy.
6. Allow the chicken breasts to rest, loosely covered with foil, about 5 minutes, then slice into medallions, plate and serve.

INGREDIENTS:

- 4 boneless skinless chicken breasts
- 8 strips of bacon, thick cut
- 1 tablespoon Dijon mustard (I prefer old fashioned, whole grain)
- 1 tablespoon honey
- kosher salt, black pepper, olive oil

This is an easy and delicious recipe, and it cooks fast. It's critical to plate the cooked chicken breasts on top of something that will help it stay warm while it's eaten.

Our favorite way to serve this is to plate the medallions over a few Porcini Mushroom ravioli, and garnish with asparagus and shredded Parmesan. Brown rice seasoned with a touch of soy and rice vinegar would make an excellent base as well.

Temperature is critical for this; we want the breasts to cook rapidly, but not burn the bacon. At 425 in my oven, the bacon has a texture like seared pork belly just as the breasts are cooked through.

Suggested Wine Pairing:

Sarah's Vineyard Chardonnay or Pinot Noir, Tondré Grapefield

