

SOMERSET GOATS CHEESE CAPRICORN

MAINS

11) Parma-wrapped Capricorn Chicken

Serves 4

Ingredients

4 skinless, boneless chicken breasts
150g Capricorn Goats Brie, sliced
4 slices Parma ham
1tbsp olive oil
12 small onions
125g button mushrooms, sliced
1 tbsp plain flour
150ml white wine
300ml chicken stock

- Preheat oven to 200c (400F, gas mark 6)
- Slit each chicken breast through the side
- Fill each pocket with the sliced goats brie
- Close the chicken breast around the cheese and then wrap tightly with the Parma ham
- Heat the oil and brown the chicken breasts, transfer to a large shallow ovenproof dish
- Fry the onions and mushrooms until soft
- Add the flour and gradually blend in the wine and stock
- Bring to the boil, stirring
- Pour the sauce around the chicken
- Cook, uncovered for 25-30 minutes
- Serve with chargrilled courgette ribbons