

# Experiment : Boursin Stuffed Chicken Breasts

Made this recipe up in the grocery store, though ultimately, it was a waste of some expensive cheese spread.

Marinate 3 chicken breasts using the salt/buttermilk & onion method described in the recent southern fried chicken recipe, [below](#). Pat dry, and pound  $\frac{1}{4}$ " thickness, trimming excess to form uniform rectangles. In a food processor, mix chicken trimmings,  $\frac{1}{4}$  c sour cream, 2 or 3 T boursin cheese, fresh parsley and fresh baby spinach leaves, plus salt and pepper to taste. Mix with 1c freshly made rice. (I used a brown and red rice mixture.) Spread a thin layer of the rice and cheese mixture on each chicken breast, and roll, tying with string. Dredge in flour and fry in a little bit of butter and olive oil until golden, and then finish off in a 325 oven for 15 or 20 minutes or until cooked through.

**Results:** Though it tasted just great, I didn't notice that the marinade made much of a difference, so I'll probably skip that step. Also, the stuffing was good, it didn't particularly taste of boursin cheese, so I might just leave that part out next time, too. Either that, or cut back on the spinach/parsley. Alternately, I could replace the subtle boursin with just a few cloves of garlic, chopped in the food processor.