

Aneto - Stuffed Chicken in Castilian Sauce

Ingredients

- 4 halves boneless chicken breasts or 8 thinly cut chicken breast fillets
- 4-8 slices *jamón serrano* (Serrano ham) or prosciutto
- 4 thick slices Edam cheese
- 1/4 cup flour
- 1 large egg
- 2 tsp salt
- 1 cup plain breadcrumbs
- 1/2 cup olive oil
- 8 yellow onions, sliced
- 2 cups water
- 8 mushrooms, sliced
- salt & pepper to taste
- 2 cups amontillado sherry from Jerez
- oil for frying or sauteing

Directions

If using chicken halves, lay one of them on a working surface, cover with plastic film and pound until it doubles in size. Repeat with the other breasts.

Place one or two slices of Serrano ham or prosciutto on the soft side of each breast half, or on one of the thin chicken filet. Place a slice of cheese on top of the ham. Fold the chicken onto the ham and cheese, if using a half breast, or place another chicken filet on top. Dust each stuffed chicken breast with the flour.

In a deep plate, beat the egg with the salt. Place the breadcrumbs in another deep plate. Dip the chicken breasts in the beaten egg and then in the breadcrumbs and turn, making sure the whole surface is covered. Refrigerate while you prepare the sauce.

Heat the olive oil over medium heat in a saute pan or wide pot. Add the sliced onions and cook, stirring frequently, until they start to brown. Turn heat to low, add water, and cook until the onions are very soft. Add the mushrooms and salt and pepper and continue cooking for a few minutes. Add the sherry and cook until reduced by a third.

Meanwhile, heat 1/2" of oil over high heat in a frying pan. Add the breaded chicken breasts and cook until golden on each side, adding more oil if necessary. Transfer to a paper towel and drain excess oil.

Place the chicken breasts on the pot with the Castilian sauce and continue cooking, turning every so often, until the chicken is cooked through, about 15-30 minutes, depending on how thick your *anetos* are. Serve the chicken topped with the sauce.