


Crab-Stuffed Chicken

 PREPARATION TIME
20 minutes

 COOKING TIME
20 minutes

 PERFECT PARTNER
asparagus



For inexpensive lemon peel, use a vegetable peeler to remove the skin before you squeeze the lemon. Chop the lemon peel, wrap it tightly in plastic wrap and freeze to use in a future recipe.

SHOPPING LIST

- chicken • crabmeat • shallot
- lemon • white wine

ON HAND

- mayonnaise • eggs • oil
- flour • butter • bread crumbs

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INGREDIENTS

- 6 boneless, skinless chicken breasts (about 4 ounces each)
- 1 cup flaked fresh crabmeat or 1 (6-ounce) can crabmeat
- $\frac{1}{4}$ cup mayonnaise
- 4 teaspoons lemon juice, divided
- 2 egg yolks
- 1 cup seasoned bread crumbs
- 1 cup all-purpose flour
- $\frac{1}{4}$ cup vegetable oil
- 1 shallot, chopped
- $\frac{1}{2}$ cup white wine or white grape juice
- 2 tablespoons butter

SERVES **6**

COOKIN'
Express

• To separate an egg quickly, use a handy kitchen gadget such as an egg separator.

Make Ahead

Stuff and flour the chicken up to 4 hours ahead. Store stuffed chicken in the coldest part of the refrigerator until ready to cook.

♦ VARIATION

To give the stuffing a New Orleans twist, add $\frac{1}{4}$ teaspoon Creole seasoning.

1 Preheat oven to 350°F. Grease a medium baking dish. Cut horizontal slits in chicken to form pockets. Mix crabmeat, mayonnaise, 2 teaspoons lemon juice, egg yolks and crumbs in a medium bowl.



2 Stuff mixture into pockets. Roll chicken in flour to coat. Heat oil in a large heavy skillet over medium-high heat; add chicken. Cook until chicken is browned, about 5 minutes.

3 Place chicken in prepared dish. Bake until cooked through, about 15 minutes; place on a plate. Meanwhile, sauté shallot in wine in a non-stick skillet over medium heat for about 15 seconds.



4 Cook sauce until liquid is reduced by half, about 5 minutes; remove from heat. Add remaining lemon juice and butter to skillet; stir until butter is melted. Pour sauce over chicken.