Chicken Kiev Recipes

Chicken Kiev Recipes uses boneless skinless chicken breast and the oven baking method. Keep butter enclosed and cold; some leakage is possible. Probe chicken meat, not only the hot filling.

PREP	COOK	ADDITIONAL	YIELD
30 min	30 min	45 min	4 servings



INGREDIENTS

- 4 chicken breasts, 6 oz (170 g) each
- 4 tbsp (56 g) softened butter
- 2 garlic cloves (6 g), minced
- 2 tbsp chopped parsley
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/3 cup (42 g) flour
- 2 eggs (100 g), beaten
- 1 cup (100 g) breadcrumbs
- 1 tbsp (15 ml) olive oil

METHOD

1. Mix butter, garlic and parsley. Shape four small logs and chill 20 minutes.
2. Pound chicken between sheets of baking paper to about 1/4 inch. Season and enclose a butter log in each, tucking in ends securely.
3. Coat with flour, egg and breadcrumbs. Chill seam-side down 20 minutes. Heat oven to 400°F (200°C).
4. Place seam-side down on an oiled rimmed tray; brush crumbs with oil. Bake 25–30 minutes until chicken around the filling reaches 165°F (74°C). Rest 5 minutes.

FOOD SAFETY Use a food thermometer to check the thickest chicken meat reaches 165°F (74°C). For stuffed chicken, the filling must also reach 165°F (74°C). Avoid touching bone or the pan.

Tips, Serving & Storage

Practical notes for reliable results and safe leftovers.

COOK’S TIPS & MISTAKES

Keep butter enclosed and cold; some leakage is possible. Probe chicken meat, not only the hot filling. Measure ingredients before starting. Keep utensils used for raw chicken separate from cooked food.

Relying only on color or elapsed time.

Crowding the pan and preventing even cooking.

Using pieces of very different thickness.

DONENESS

Use a food thermometer to check the thickest chicken meat reaches 165°F (74°C). For stuffed chicken, the filling must also reach 165°F (74°C). Avoid touching bone or the pan.

VARIATIONS

Dill: replace parsley with dill.

Lemon: add 1 tsp zest to butter.

Crunch: use panko breadcrumbs.

SERVING

Serve with mashed potatoes and peas.

STORAGE, FREEZING & REHEATING

Refrigerate within 2 hours, or 1 hour above 90°F (32°C), in shallow covered containers at 40°F (4°C) or below. Use within 3–4 days, including prior storage of any cooked chicken.

Freeze cooled portions airtight at 0°F (-18°C) for up to 2 months for best quality. Thaw in the refrigerator. Freeze fresh salad sides separately.

Reheat chicken and cooked leftovers to 165°F (74°C). Warm gently in a covered pan with a splash of water or broth; use a 375°F (190°C) oven for crumb-coated chicken. Keep fresh salad sides separate.

QUICK FAQ

Which chicken cut should I use? Use boneless skinless chicken breast as listed; other cuts need different cooking times.
How do I check doneness? Use a thermometer and check the thickest chicken reaches 165°F (74°C).
Can I prepare it ahead? Measure ingredients ahead and refrigerate perishable components; cool and store leftovers promptly.