

Chicken Piccata

A favorite entrée for many, chicken piccata is an easy stovetop dish ready in less than 30 minutes. The light dusting of flour on each cutlet creates a thin crust. The sauce features a lusty, rich flavor that dissolves over the sautéed chicken breasts in a beautiful blending of flavors.

2 boneless chicken breasts, cut in half, or 4 thin-cut chicken breasts

1 egg

1/2 cup all-purpose flour

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

6 tablespoons butter, divided

2 tablespoons olive oil

2 tablespoons shallots, finely minced

2 cloves garlic, finely minced

1/2 cup lemon juice (about 2-3 lemons)

1/2 cup chicken stock

1/4 cup dry white wine

2 tablespoons capers, drained and rinsed

parsley, minced for garnish

lemon, sliced for garnish

1. If you are using whole chicken breasts, butterfly them by cutting in half. Or skip this step and buy thin cut breasts.
2. In a small bowl, whisk the egg with 2 tablespoons of water to make an egg wash. Pour the egg wash into a shallow bowl. In another shallow bowl, mix the flour, salt, and pepper. Dip both sides of each chicken breast piece in the egg wash, then dredge in the flour mixture until lightly coated.
3. Heat a large stainless sauté pan over medium-high heat. Add 2 tablespoons of the butter and 2 tablespoons of olive oil and allow to melt and heat.
4. Place the coated chicken breasts in the hot skillet. Allow the chicken to cook on the first side until golden. Turn, and cook the second side until also golden and the chicken is cooked through.
5. Place the finished chicken on a heat tolerant plate, and place in a 200°F oven to keep warm while the remaining cutlets are sautéing and while the sauce is made.
6. In the skillet, sauté the shallots for 1 minute. Add additional olive oil for sautéing the shallots if needed. Add the garlic and sauté an additional minute, or until the garlic is fragrant.
7. Deglaze the pan by adding the lemon juice, chicken stock, and white wine to the skillet. Stir and scrape up the browned bits (fond). Reduce heat to a simmer and allow the juices to reduce by half.
8. Whisk in the remaining 4 tablespoons of butter. Add the capers.
9. Plate the warm chicken breasts and ladle the sauce on top. Garnish with lemon slices and chopped parsley.

Continued on Page 2

Page 2, continued

Orzo Pilaf

2 tablespoons shallot, minced
1/2 onion, minced
2 tablespoons butter
1 cup orzo
3 sprigs thyme
2 cups chicken broth
1/4 cup Parmesan cheese, grated

DIRECTIONS: In a saucepan over medium-high heat, sauté the shallot and onion in butter until translucent. Add the orzo and thyme. Stir and heat for a few minutes, then add the chicken broth. Bring to a simmer, then turn to low and cover for 15 minutes until orzo is cooked to *al dente*. Stir in Parmesan cheese and serve hot.