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SOUTH DAKOTA 57701

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Chicken Milanese

Serves 4

Raise the bar on "We're having chicken for dinner!" This recipe features a crispy, buttery crust and a creamy, dreamy sauce. You'll find that this dish is surprisingly easy for the level of flavor that it delivers. In just a few minutes, dinner will be served!

Chicken Milanese Ingredients:

4 thinly-sliced pieces of chicken breast
2 eggs
1/2 cup Panko breadcrumbs
1 teaspoon dried oregano
1/2 teaspoon garlic powder
2 tablespoons olive oil, for pan frying
4 tablespoons butter, for pan frying

Parmesan Cream Sauce Ingredients:

1/4 cup butter
2 tablespoons all-purpose flour
1 cup heavy cream

1/2 cup whole milk
1/2 cup finely grated parmesan cheese
salt and pepper, to taste

Arugula Side Salad:

1/4 cup olive oil
2 tablespoons fresh lemon juice
1 teaspoon Dijon mustard
salt and pepper, to taste
4 oz arugula
2 oz parmesan cheese, shaved
8 oz cherry tomatoes, quartered

Directions:

1. Flatten the chicken. If the chicken is uneven in thickness, pound to an even thickness for more consistent cooking. Cover the chicken in plastic wrap, or place in a plastic bag and pound with a meat pounder or rolling pin until the pieces are an even thickness (about 1/2-inch).
2. Bread the chicken. Whisk the eggs in a shallow bowl. Mix the Panko breadcrumbs, oregano, garlic powder, and grated parmesan cheese in separate shallow bowl. Dip each flattened chicken breast first into the eggs, then into the breadcrumb mixture. Spoon the breadcrumbs on top of the chicken until well-coated on both sides. Set aside on a plate until ready to cook.
3. Pan fry the chicken. In a large skillet or braiser, add 2 tablespoons of olive oil to the pan and heat the pan. Once the pan is hot, cut the butter into 4 pieces and place in the pan with a chicken cutlet on top. Cook over medium heat until browned and crispy on both sides. Turn the heat down slightly, and continue cooking the chicken until the internal temperature reaches 165 degrees F. Allow plenty of room in the pan between the chicken pieces. This will promote even cooking and preserve the breading. Depending on the size of the pan, work in batches, if necessary.
4. Meanwhile, prepare the parmesan cream sauce. In a saucepan, melt the butter. Whisk in the flour and stir until golden brown, about 2 minutes. Turn the heat to medium, and add the heavy cream. Whisk together. Add the whole milk and continue whisking until thickened. Just before serving, add in the parmesan cheese, salt, and pepper, and whisk together.
5. Prepare the side salad by whisking together the dressing ingredients and tossing with the arugula. Top the salad with the parmesan cheese and tomatoes.
6. Plate the chicken with a healthy drizzle of Parmesan Cream Sauce and serve with the side salad. Enjoy!