

Chicken Picatta

Servings: 4

Source: Once Upon a Chef

Ingredients

Chicken

- 1½ lbs boneless, skinless chicken breasts
- 3 tbsp flour
- salt and pepper
- 2 eggs
- 1 cup Italian bread crumbs
- ¼ cup olive oil

Sauce

- 1 cup chicken stock
- 1 tbsp fresh lemon juice
- 3 tbsp brined capers, drained and rinsed
- 3 tbsp unsalted butter
- salt and pepper
- ¼ cup chopped fresh Italian parsley

Method

1. Preheat the oven to 350°F. Line a baking sheet with aluminum foil.
2. Using a very sharp knife, slice each chicken breast in half horizontally. One at a time, place the chicken breasts in a large sealable plastic bag and, using a meat mallet or rolling pin, pound them to an even ¼-inch thickness. (If your chicken breasts are very small, you can skip the step of cutting them in half horizontally. I use two ¾-lb breasts to make 4 portions.) Save the bag.
3. To the bag, add the flour, ¾ tsp salt, and ¼ tsp pepper; seal and shake to combine. Add the chicken to the bag; seal and shake to coat the chicken evenly. Beat the eggs in a large, shallow bowl. In another large, shallow bowl, mix the breadcrumbs with ¼ tsp salt. Using tongs (or your hands), dip each chicken breast first in the egg mixture, turning to coat evenly and letting any excess egg drip off, and then into the breadcrumbs, turning to coat evenly.
4. Heat the oil in a large saucepan over medium-high heat. When the oil is hot and shimmering, add the chicken to the pan and cook until the first side is golden brown, 2 to 3 minutes. Flip the chicken and cook until the second side is golden, about 2 minutes more. Transfer the chicken to the prepared baking sheet and place in the oven while you make the sauce. (Note: the chicken should be almost fully cooked at this point. Don't leave it in the oven for more than 5 minutes or it will overcook.)
5. Discard any excess oil from the pan. Add the stock, lemon juice, and capers and bring to a boil, scraping up any brown bits from the pan. Gently boil for about two minutes, until slightly reduced. Off the heat, swirl in the butter, followed by the parsley. Taste and adjust

seasoning with salt and pepper, if necessary. Remove the chicken from the oven and transfer to plates. Spoon the sauce over top.

***FREEZER-FRIENDLY:** The breaded cutlets can be frozen for up to 3 months. Freeze the chicken on the baking sheet for about 1 hour, then transfer to a resealable freezer bag or layer in an airtight container with sheets of parchment between the cutlets. Defrost in the refrigerator before cooking.*