

CHICKEN PICCATA

Last Modified: 05/19/2014

PREP: 15 Min
COOK: 25 Min
STOVETOP

F EASY

ITALIAN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Whole	Chicken Breasts (Skinless / Boneless)	Thawed
1/3	Cup	All Purpose Flour	Dredging
2	Tbsp	Grated Parmesan Cheese	Dredging
6	Tbsp	Unsalted Butter	Divided
4	Tbsp	Extra Virgin Olive Oil (EVOO)	Divided
1/3	Cup	Fresh Italian Parsley Leaves	Fine Chop
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

CAPER WINE SAUCE

2	Tbsp	Lemon Juice	
1	Tsp	Lemon Zest	
1	Cup	Chicken Stock (Swanson)	
OR			
1	Cup	Dry White Wine (Chablis)	
OR			
1	Cup	Mixture of Wine & Stock	
2	Tbsp	Capers (Drained)	Rinsed

PREPARATION

FACTOID	You may substitute a White Wine for the Chicken Stock - even a 50 / 50 mix of the two is still a GREAT dish (Even though "true" Chicken Piccata is made using only the Chicken Stock).
TOOLS	1) Medium Stainless Steel Skillet & Lid 2) Meat Tenderizer Hammer 3) Pie Tin OR Plastic Bag 4) Fine Wire Strainer
PREP	DISH 1) Grate the Parmesan Cheese and set it aside. 2) Finely chop the Parsley Leaves and set them aside.
PREP	WINE SAUCE 1) Rinse the Capers and set them aside.
1	Rinse the Chicken Breasts thoroughly and pat them dry. Using a meat tenderizing hammer, pound them into 1/4 inch thick Cutlets (If they are large, thick Breasts, you may have to cut them in half first). Season them on both sides to taste with Salt and Pepper. Mix the Flour and Parmesan Cheese in the pie tin and evenly coat each piece of Chicken in the mixture, shaking off the excess and set them aside for 5 minutes.
2	In a medium skillet over medium high heat, melt 2 tablespoons of Butter in 2 tablespoons of EVOO. When the Butter and Oil start to sizzle, add in 2 pieces of Chicken and cook them for about 3 minutes. When the Chicken is nicely browned, flip and cook the other side for an additional 3 minutes. Test for 155 degrees internal temperature. Remove the Chicken, tent them with aluminum foil to keep warm and set them aside.

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3	Melt another 2 tablespoons of Butter in 2 tablespoons of EVOO. When the Butter and Oil start to sizzle, add another 2 pieces of Chicken and cook for about 3 minutes. When the Chicken is nicely browned, flip and cook the other side for an additional 3 minutes. Test for 155 degrees internal temperature. Remove the Chicken, tent them with aluminum foil to keep warm and set them aside.
4	Add in the Lemon Juice, Zest, Chicken Stock (or Wine) and Capers. Return to medium high heat and bring to a boil, scraping up brown bits (Fond) from the pan for extra flavor. Taste for seasoning and adjust as necessary.
OPTION	If you like a thicker Sauce, just before the last Butter addition, whisk in a little 50 / 50 mix of Corn Starch and Water.
5	Return all of the Chicken to the skillet over medium low heat, turn the Chicken over to coat with the sauce, cover and simmer for 5 minutes. Remove the Chicken to a serving platter. Add the remaining 2 tablespoons of Butter to the Sauce and whisk vigorously.
SERVE	Arrange the Chicken Breasts on a serving platter, drizzle the top with the remaining Sauce and sprinkle with the Parsley. Serve while hot with several nice dishes of your choice on the side.