



Chicken Piccata.

Boneless Chicken Breasts lightly breaded and served with a lemon, white wine sauce with capers and parsley.

Servings: 4

Ingredients:

4 chicken breasts (skinless and boneless)

3 tablespoon(s) butter at room temperature

1 1/2 tablespoon(s) flour

2 tablespoon(s) olive oil

1/3 cup(s) dry wine white wine.

1/4 cup(s)lemon juice (fresh squeezed)

1/4 cup(s)chicken stock or broth low salt

1/4 cup(s) capers + caper juice.

1/4cup(s)Italian parsley chopped

Instructions:

Drizzle Extra Virgin Olive Oil and generously sprinkle Kosher Salt & White Pepper (or regular pepper) all over the chicken. Place in a zip lock bag & marinate for at least 4 hours.

Remove chicken from the zip lock bag. Place chicken between

2 large sheets of plastic wrap. Using meat pounder, lightly pound chicken to 1/4-inch thickness.

Mix 1-tablespoon butter and 1 1/2 tablespoons of flour in a small bowl until smooth. Place additional flour in a shallow baking dish. Dip chicken into flour to coat: shake off excess.

Heat 1 tablespoon oil in each of 2 heavy large skillets. Add 2 chicken breasts to each skillet and cook until golden and cooked through, about 3 minutes per side. Transfer chicken to a platter: tent to keep warm.

Lemon Sauce: Bring wine, lemon juice and broth to a boil in skillet over medium-high heat. Whisk in butter-flour mixture and boil until sauce thickens slightly, about 2 minutes. Stir in capers & caper juice and remaining 2 tablespoons butter. Season sauce to taste with salt & pepper. Place Chicken back in skillet to coat with sauce. Add the lemons and let them cook for a minute or two.

Sprinkle with the parsley.