

Chicken Piccata ✓

The Piccata sauce is simple to make and delicious. It is usually served with veal or chicken cutlets. I usually make Chicken Piccata, but the sauce is equally good on veal, pork, or beef.

Ingredients

meat	2-3		boneless skinless	Chicken Breasts – cut & pounded into cutlets
		1/2	cup	Panko (Japanese Bread Crumbs)
		1	tsp	Black Pepper
		1	tsp	Salt
		1	Tbsp.	grated Parmesan Cheese
sauté		1/2	Tbsp.	Butter
		1/2	Tbsp.	Olive Oil
sauce		1/4	cup	chopped Onions
		1/4	cup	Fresh Mushrooms (sliced thin)
		1/2	Tbsp.	All Purpose Flour
		1	Tbsp.	fresh Lemon Juice
		1/4	cup	Dry White Wine or Sherry
		2	Tbsp.	Capers (lightly crushed)
		1/4	tsp.	Salt, Pepper, and Cayenne – to taste
	1-2		sprigs	chopped Fresh Flat-leaf Parsley
		1/2	cup	pitted Black Olives (optional)



Prepare the meat by pounding into cutlets; dip into seasoned panko and sauté. After the cutlets are cooked, put them in a platter and cover with foil and keep warm.

Sauce: Add 1/2 Tbsp. seasoned flour and cook until you have a light roux (2-4 minutes). Add the onions and mushrooms - sauté until the onions are transparent. Deglaze the pan with the wine and lemon juice, loosening all of the browned bits stuck to the pan. Bring to a boil and cook until the sauce is thick (2-5 minutes).

Season the sauce with salt and pepper to taste, and then mix in the capers, olives, and parsley. Cook for 1-2 minutes more and serve over the chicken.

Plate the chicken breasts along with your side dishes, sauce, and serve immediately.

Variations: You can prepare this dish ahead of time, put the sauce over the chicken, and refrigerate. Reheat it just before serving - the sauce keeps it moist.

If you use Marsala Wine in the sauce you have “Chicken Marsala”.

If you add 1/2 cup of heavy cream to the sauce you have “Chicken Vino Bianco”.

Handy Tip

✓ The only thing difficult in this recipe is making the cutlets.

To make this easier, I sometimes buy a large package of fresh boneless chicken breasts. Make cutlets out of the entire package, freeze them on a cookie sheet, and then re-package into packages of 5-6 cutlets each.