



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

MAY 2021
Recipe 144



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Creamy Lemon Chicken Scallopini

PREPARATION

1 - Place chicken breasts on a work surface, and cut each horizontally in half to make 2 thin cutlets. Place cutlets between 2 pieces of plastic wrap, and flatten to 1/2-inch thickness using the flat side of a meat mallet (or use a rolling pin or the bottom of a skillet). Season cutlets evenly with 3/4 teaspoon of the salt and 1/2 teaspoon of the pepper. Place 1/2 cup of the flour in a shallow dish; dredge cutlets in flour to coat both sides.

2 - Heat oil in a large cast-iron skillet over medium-high. When oil is shimmering, add chicken cutlets, and cook until golden brown, about 4 minutes. Turn chicken over, and cook until chicken is cooked through, about 2 more minutes. (Cook in 2 batches, if necessary, to avoid crowding in skillet.) Place cutlets on a plate lined with paper towels; cover to keep warm.

3 - Melt butter in skillet over medium; add mushrooms, shallots, and remaining 1/2 teaspoon each of salt and pepper. Cook, stirring often, until mushrooms are browned, about 5 to 6 minutes. Add remaining 1 teaspoon flour; cook, stirring often, 1 minute. Add wine, and cook, stirring often, until wine is reduced to about half, about 2 minutes. Stir in whipping cream, parsley, and lemon zest, and remove from heat.

4 - Serve sauce with chicken cutlets, sprinkled with lemon zest.

INGREDIENTS

- 2 (8-oz.) boneless, skinless chicken breasts
- 1 1/4 teaspoon kosher salt, divided
- 1 teaspoon black pepper, divided
- 1/2 cup plus 1 teaspoon all-purpose flour, divided
- 3 tablespoons olive oil
- 4 tablespoons unsalted butter
- 8 ounces sliced fresh cremini mushrooms
- 1/2 cup sliced shallots (about 2 shallots)
- 1/2 cup dry white wine
- 1/2 cup heavy whipping cream
- 2 tablespoons chopped fresh flat-leaf parsley
- 1/2 teaspoon grated lemon zest, plus more for garnish (from 1 lemon)

COOK'S NOTE:

This tender, crispy, juicy chicken with a rich mushroom sauce pairs well with any number of side dishes, but if you really want to play up the decadent sauce, serve over a thin pasta such as capellini.

Bon Appétit!
-George