



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

FEB 2016
Recipe 81

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Luscious Lemony Chicken Piccata.

PREPARATION

- 1 - Season cutlets with salt and pepper, then dredge in flour. Coat a sauté pan with nonstick spray, add oil and heat at medium high.
- 2 - Sauté cutlets for 2-3 minutes on one side. Flip cutlets over, cover, and sauté the other side for 1-2 minutes longer. Transfer cutlets to a warmed platter and pour off fat from pan to deglaze.
- 3 - Deglaze pan with wine and add minced garlic. Cook until garlic is slightly brown and liquid is nearly evaporated, about 2 minutes.
- 4 - Add broth, lemon juice and capers. Return cutlets to pan and cook on each side for 1 minute longer. Transfer cutlets to warm plates.
- 5 - Finish sauce by adding butter and lemon. Once butter melts, pour sauce over cutlets. Garnish with chopped fresh parsley and lemon slices and serve immediately.



Luscious Lemony Chicken Piccata

Cook's Note: The term "piccata" refers to a classic preparation method: meat is sliced, coated, sautéed and served in a savory sauce. Piccata dishes originated in Italy using veal, although chicken, as demonstrated in this recipe, is a delicious and widely used variant. (Recipe courtesy of my good friend and talented Italian cook, Luciana Valenti.)

Bon Appetit!
-George

(photo by Marc-Henri)

INGREDIENTS

- 2 boneless skinless chicken breasts, cut in half and pounded into cutlets
- salt & black pepper (to taste)
- all-purpose flour
- nonstick spray
- 2 tablespoons extra virgin olive oil
- 1/4 cup dry white wine
- 1 teaspoon minced garlic
- 1/2 cup low-sodium chicken broth
- 2 tablespoons fresh lemon juice
- 1 tablespoon drained capers
- 2 tablespoons unsalted butter
- fresh lemon slices & chopped parsley (for garnish)

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