
Chicken Picatta

1 message

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Chicken Piccata

Ingredients

- 4 chicken breasts *pounded to about 1/2 inch thick or cut in half crosswise*
- 1/2 cup flour
- 1 lemon *zested*
- 2 tablespoons olive oil *more as needed*
- salt & pepper to taste

Sauce

- 1/4 cup butter
- 1 1/2 tablespoons flour
- 1 cup chicken broth
- 1/2 lemon *juiced (about 1 1/2 tablespoons)*
- 1/2 cup white wine *or chicken stock*
- 3 tablespoons capers *drained*
- 2 tablespoons fresh parsley *chopped*

Instructions

1. Combine the flour, lemon zest, salt and pepper. Dredge the chicken in flour mixture
2. Heat olive oil over medium high heat and cook chicken about 4-5 minutes per side or until just until cooked through. Cook in batches if you cannot fit into pan. Remove from pan and place in a dish to keep warm.
3. In the same pan, melt 1/4 cup butter and add flour to create a roux. Whisk until smooth. Cook 1-2 minutes.
4. Gradually stir in chicken broth whisking after each addition until smooth.
5. Add lemon juice, white wine and capers. Simmer 3 minutes, whisking occasionally.
6. Add chicken back to pan and simmer 2-3 minutes. Stir in parsley and serve over pasta.

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