

Chicken Piccata



My guess is that Chicken Piccata comes from the Southern regions of Italy. Lemons and meat sounds an awful lot like a Greek tradition, and where did the Greeks have a great amount of influence in Italy? That'd be the southern parts.

This is an easily made dish, and takes nearly no time to set up.

- 1 Tablespoon Olive Oil
- 1 Tablespoon unsalted butter
- 4 Chicken Breasts, manually tenderized (i.e. by smacking it with a mallet until flatten)
- 1 1/2 cups All Purpose Flour
- 1/3 onion, diced
- 2/3 cup chicken stock
- 1/3 cup white wine
- Salt and Pepper, to taste
- Juice from one Lemon
- 2 Tablespoons capers, drained
- 3 Tablespoons unsalted butter

Pre-heat your oven to 200 degrees F. Place a baking dish of some sort within the oven.

Place a large skillet over medium - medium/high heat. Add the olive oil and butter, allowing them to swirl together.

Lightly coat each chicken breast with flour and place into the heated oil. Cook from 4-5 minutes on each side. Place the cooked chicken fillet in the baking dish in the oven.

Remove all but one tablespoon of any leftover oil/fat within the skillet. Add the onions and cook for 2 minutes. Add the chicken stock and white wine and bring to a boil. Add the lemon juice and the capers. Boil the sauce until it's approximately 1/3rd its initial volume. Remove from heat and immediately add the butter and whisk in.

Serve the chicken breasts and top with the sauce.

Serves 4