

Chicken Piccata Recipe

From the Cafe Italiano Restaurant & Pizzeria in Maggie Valley, NC <https://cafe-italiano.com>



Time to Prepare: 15 minutes



Cook Time: 20 minutes



Serving: 4 People

Ingredients

4 fresh chicken breasts pounded to about ½ inch thick
½ cup all-purpose flour for dredging
4 tablespoons extra-virgin olive oil or more if required
Zest from 1 lemon
Sea salt and freshly ground black pepper, to taste

Roux

1½ tablespoons all-purpose flour
2 tablespoons freshly squeezed lemon juice
6 tablespoons unsalted butter
3 tablespoons brined capers, drained & rinsed
1/3 cup fresh parsley, chopped
1 cup chicken broth
½ cup Pinot Grigio wine

Cooking Method

1. Pat chicken dry, then season chicken with salt and pepper.
2. Combine the flour and lemon zest. Dredge chicken in flour mixture while shaking off excess.
3. Heat olive oil over medium-high heat. When oil starts to sizzle, add chicken and cook for approximately 3-4 minutes on each side or until both sides are golden brown. Remove chicken and transfer to plate and keep warm.
4. To make a roux, melt 6 tablespoons of butter in the same pan, then add 1½ tablespoons of all-purpose flour. Whisk until the mixture is completely smooth. Cook for around 1-2 minutes.
5. Stir in the chicken broth in a slow, steady stream, stirring after each addition until smooth.
6. Combine the lemon juice, Pinot Grigio wine, and capers into the pan. Cook, occasionally whisking, for 3 minutes.
7. Return the chicken to the pan and cook for another 2-3 minutes.
8. Stir in parsley.
9. Serve over pasta.

Points to Remember