

CHICKEN MILANESE

COLLECTOR PAIRING: 2020 CASTELLO DI CACCHIANO 'MILLENNIO' GRAN SELEZIONE DOCG

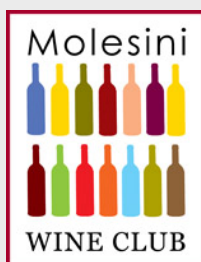
INGREDIENTS

- 4 boneless, skinless chicken breasts, each weighing 4-5 ounces
- 3 lemons
- ½ cup all-purpose flour
- 1 teaspoon each; garlic powder, salt, pepper
- 1/3 cup finely grated Parmesan cheese, divided
- 2 eggs
- 1 cup Italian bread crumbs or panko
- 3 tablespoons finely chopped Italian parsley
- 1 cup olive oil or mixed 50/50 with a neutral oil for frying
- 2 tablespoons cold butter, divided
- 2 tablespoons capers
- 1/2 cup white wine
- Salt and pepper to taste

TIME

- Prep Time: 20 minutes
- Roast Time: 6-8 minutes per batch

SERVING SIZE: 4



Chicken Milanese is basically Italian fried chicken--only better. I serve mine with a tangy lemon, caper and wine reduction that layers flavor and cuts through the richness of the breading. The preparation is a quick assembly line, so be sure to organize yourself. This is traditionally served with an arugula salad and shaved Parmesan cheese, dressed in a lemon vinaigrette.

1. Preheat oven to 250F (120C). Pound the chicken breasts into cutlets that are 1/4 - 1/3" thickness. Set aside. Zest one of the lemons onto a sheet of waxed paper. Juice the same lemon into a small bowl. Thinly slice 1 ½ of the remaining lemons and cut the remaining half into 4 wedges. Set aside.

2. Mix flour, garlic powder, salt, pepper, ½ the lemon zest, and ½ the cheese in a shallow dish. Beat eggs with a pinch of salt in another dish. Place bread crumbs or panko with remaining cheese and 1 tablespoon minced parsley in a third dish.

3. Prepare cutlets one-by-one: first dredge in the flour mixture, shake off excess, dip into the eggs, letting any excess drip back in dish. Finally, use 1/4 of the bread crumb mixture to firmly pat on both sides of the cutlet. Push the other crumbs aside to prevent them getting soggy. Place cutlet on a plate and repeat with others. Do not stack.

4. Pour a generous 1" of oil in a skillet large enough to hold two cutlets. Turn heat to medium high. When oil is shimmering, pan fry two cutlets, not crowding. Fry about 3-4 minutes until side is completely brown, adjusting temperature so they do not burn. Flip and fry another 3-4 minutes until chicken is done, registering 165F (74C) on an

instant-read thermometer. Allow them to briefly drain on paper towels then place in the oven on a baking sheet, not stacking. Repeat process, adding more oil if needed. If your cutlets have burned, dump the oil and begin fresh.

5. After frying, drain the oil from the pan, keeping the crunchy bits. Immediately add 1 tablespoon butter, lemon slices and capers. Adjust heat and sauté, flipping lemon once, until nicely colored and soft, about 3 minutes. Add wine, remaining lemon zest, and lemon juice. Stir and simmer to deglaze pan, about 2 minutes. Turn off heat and whisk in remaining 1 tablespoon of butter until melted and emulsified. Place a cutlet on each plate, sprinkle with remaining parsley and drizzle with sauce, dividing lemon slices and capers. Serve immediately.