

Chicken Piccata



See [Chicken Piccata Instructional Video](#) by Chef John Arnold

Start with Mise en place (French pronunciation: [mi zã 'plas]) is a French culinary phrase which means "putting in place" or "everything in its place". It refers to the setup required before cooking.) Have all ingredients prepped (peeled, chopped, measured, etc.) before you even begin to cook.

This recipe serves 4

Ingredients:

2 boneless, skinless chicken breasts
½ cup flour
½ tsp salt
½ tsp pepper
3 tbl finely grated parmesan cheese
4 tbls olive oil
4 tbls butter

Sauce: (If you really like sauce, double this!)

¼ cup chicken stock
¼ cup white wine
2 tbls lemon juice
¼ cup brined capers (rinsed)
2 tbls cream (optional)

Garnish:

1 lemon sliced
2 tbls chopped parsley

As needed: (To always season along the way)

kosher salt
fresh cracked black pepper

Instructions:

Preheat oven to 200°

We begin by slicing the chicken breasts in half lengthwise. If the breasts are still thick after cutting in two, then I suggest placing them between 2 sheets of plastic wrap and pounding them with the flat side of a meat hammer to within ¼ inch thick.

Mix together flour, salt, pepper, and grated parmesan. Dredge the chicken breasts in the flour mixture until well coated. Shake of excess. Heat 2 tbs olive oil and 2 tbs butter in a large skillet on medium-high. Gently place 2 cutlets in the pan, moving away from you to prevent splashing oil on yourself, and cook until golden brown or about 3 minutes per side. *Note: Since you have pounded the chicken breasts to nice and thin cutlets, it will not take long for these to cook.* Remove cutlets from skillet and place on a sheet tray with rack and place in the oven to keep warm. Repeat the process with the other two cutlets, adding more olive oil and butter if needed. When finished, add these to the others in the oven while you prepare the sauce.

Using the same skillet that you cooked the chicken in, add the chicken stock and white wine. Bring to a boil then reduce to simmer, using your spatula to scrape up the brown bits to get all of the great flavors. Add the lemon juice and capers and continue to simmer, constantly stirring until the sauce appears to thicken. Check for seasoning. Does the sauce need more lemon? Need more salt or pepper? Do you need to add more stock or butter to increase the volume? It's not ready until you like the balance.

(Optional: I've been known to add a splash of cream to add more body to the sauce!)

Add chicken back to the skillet and you are ready to eat. Garnish with the lemon slices and chopped parsley.

I like to serve with roasted baby potatoes or pasta and green beans.

Enjoy,

Chef John