

Chicken Piccata

Scott's version

Chicken breasts

Flour to coat chicken

Olive oil – enough to cook the chicken and a splash for sauce

1 knob of Butter – depending on how much sauce is required

A few cloves of minced Garlic

A sprig of Rosemary to add to the sauce (optional)

2 tsp Dijon mustard (optional)

Splash of dry white wine

Capers – to taste (I like use more)

Salt and Pepper to taste

Rosemary (optional)

Fresh lemons cut in half for juice and to pass (can use bottled)

Slice Chicken breasts to make them thinner if they are the very large, thick, whole breasts. USE a meat mallet to pound breasts to approximately $\frac{1}{4}$ to $\frac{1}{2}$ inch thick. Salt and pepper the breasts and add additional seasonings (optional) of your choice at this point. Adding low sodium Tony Chachere seasoning is nice.

Dredge chicken pieces in flour to fully coat. Cook the breasts in batches in the fry pan in preheated oil (approx. 350 degree) briefly on each side until lightly browned and just cooked through but be careful not to overcook. Place cooked chicken in the oven at 200 to hold.

Dump excess oil from the pan leaving the fond for now. Add a knob of butter and a splash of olive oil and “gently” fry minced garlic for a couple minutes. Add squeezed lemon or bottled lemon juice, capers and a splash of white wine and any other optional ingredients to enhance the sauce. (I like it simple just like this) Stir briefly until the pan is deglazed and a sauce forms.

Take chicken out of the oven and spread it out on a serving platter. Pour the pan sauce with the capers over the chicken. Make sure chicken is hot and serve immediately. Spoon any excess sauce over the chicken on each plate. Pass lemon wedges to squeeze at the table.