



Chicken Piccata

(Serves 4)

Ingredients:

2 large lemons

4 boneless, skinless chicken breasts

salt and pepper

½ cup flour

4 tablespoons vegetable oil

1 small shallot, minced (about 2 tablespoons) or 1 small garlic clove (about 1 teaspoon)

1 cup chicken stock or canned low-sodium chicken broth

2 tablespoons drained small capers

3 tablespoons unsalted butter, softened

2 tablespoons minced fresh parsley leaves

Directions:

1. Adjust oven rack to lower-middle position, set large heatproof plate on rack, and heat oven to 200 degrees.
2. Juice one or two lemons to get ¼ cup juice.
3. Sprinkle both sides of cutlets generously with salt and pepper. Measure flour into pie tin or shallow baking dish. Work one cutlet at a time, coat with flour, and shake to remove excess.
4. Heat heavy-bottomed 12 inch skillet over medium-high heat until hot, about 2 minutes; add 2 tablespoons oil and swirl to coat pan. Lay half of chicken pieces in skillet. Sauté cutlets, without moving them, until lightly browned, 2 to 2 1/2 minutes. Turn cutlets and cook until second side is lightly browned, 2 to 2 1/2 minutes longer. Remove pan from heat and transfer cutlets to plate in oven. Add remaining 2 tablespoons of oil to now-empty skillet and heat until shimmering. Add remaining chicken pieces and repeat.
5. Add shallot or garlic to now empty skillet and return skillet to medium heat. Sauté until fragrant, about 30 seconds for shallot or 10 seconds for garlic. Add stock, increase heat to high, and scrape skillet bottom with wooden spoon or spatula to loosen browned bits. Simmer until liquid reduces to about 1/3 cup, about 4 minutes. Add lemon juice and capers and simmer until sauce reduces again to 1/3 cup, about 1 minutes. Remove pan from heat and swirl in butter until butter melt and thickens sauce; swirl in parsley. Spoon sauce over chicken and serve immediately.