

SPEEDY CHICKEN CUTLETS

"Pounding chicken breasts to a uniform thickness cuts down on cooking time"
(Brenda's Kitchen, November 2009)

"A quick and easy dish during those busy days of live." Total: 15 min. Serves 4.

Ingredients:

- 1 cup flour
- 3 eggs
- 2 cups *panko*
- 4 ¼-inch-thick skinless, boneless chicken cutlets
- Salt and pepper to taste
- ¼ cup canola oil
- 6 tablespoons butter
- 2 teaspoons capers
- 2 tablespoons lemon juice
- 1 tablespoon chopped parsley



Directions:

- Set 1 cup flour, 3 beaten eggs and 2 cups *panko* in separate bowls.
- Season four ¼-inch-thick skinless, boneless chicken cutlets with salt and pepper.
- Dredge the chicken in the flour, dip in the eggs and coat with *panko*.
- Fry the chicken in ¼ cup canola oil, then drain.
- In a saucepan, cook 6 tablespoons butter until browned.
- Stir in 2 teaspoons capers, 2 tablespoons lemon juice and 1 tablespoon chopped parsley.
- Spoon over the chicken and serve.

Wine Pairing Recommendation:

Clos LaChance Santa Cruz Mountains Chardonnay or Pinot Noir