

Chicken Piccata

This classic dish can be a light supper served over sauteed greens or a hearty winter dinner served over linguine; add a salad and toasty french bread for a quick, delicious meal.

Ingredients

Four boneless, skinless chicken breasts
Chicken stock
White wine
Lemon
Dijon mustard
Capers
Butter
Flour
Olive oil, salt and pepper



Pound chicken breasts: Rinse chicken breasts and place on cutting board. Cover with plastic wrap. Using meat tenderizing mallet, pound each breast until uniform in thickness, about ½ inch. Salt and pepper each side.

Sear chicken: Over medium heat, heat skillet with olive oil (1 T per two breasts). Pan is ready when olive oil is shimmery and has better viscosity (thinner). Rotate pan to cover bottom with oil. Carefully add breasts to pan.



Mix roux: While chicken is cooking, mash together 2T soft butter with 2T flour. Mixture should be creamy.



Cook chicken for 6-7 minutes. If it still sticks to the pan, it's not ready. Turn and cook for 5-6 minutes until it passes the "temple test" (feels like your temple when pressed). Remove from pan and cover with foil. Sear more breasts if necessary.



Deglaze pan: Deglaze the pan by whisking in $\frac{3}{4}$ cup white wine and scraping up bits from the bottom of the skillet.

Simmer and reduce wine, about 3 minutes. Reduce heat to medium-low. Add roux and blend with pan liquid. Be careful not to allow the mixture to burn. Whisk until mixture is caramel-colored.

Finish sauce: On medium-low heat, slowly add $1\frac{1}{4}$ cup of chicken stock. Once fully blended with roux/wine mixture, continue to whisk as sauce bubbles and thickens, 2-3 minutes. Add 1 T Dijon mustard and juice of $\frac{1}{2}$ lemon. Continue to stir as sauce thickens to desired consistency, about 3-4 minutes. Add 3T of drained capers and turn off heat. Salt and pepper to taste (capers will add brininess so don't salt until after they're added).



Prepare dish for serving: Place chicken breast on plate or over pasta/greens if prepared. Spoon sauce over chicken and serve!

**FEELING FANCY?
ADD ARTICHOKE HEARTS OR ROASTED
RED PEPPER FOR ADDED FLAVOR!**