

THE CULINARY

Playground



Chicken Piccata

4 6-oz thinly sliced chicken breast
salt and pepper
flour, for dredging (about 1/2 cup)
1 tablespoon unsalted butter
1 tablespoon olive oil
1/2 cup chicken stock
1 tablespoon capers, drained
2 tablespoons fresh lemon juice
2 tablespoons chopped fresh parsley
Lemon slices, optional garnish

Season chicken with salt and pepper. Dredge chicken in flour and shake off excess.

Melt butter and olive oil in a large skillet over medium high heat. Add chicken and cook for 3 minutes on each side., until golden brown. Remove and transfer to plate.

To the same pan, add the lemon juice, stock and capers. Stir and reduce for 5 minutes. Check seasoning, and return chicken to the pan, coating with sauce and heating through (about 5 minutes).
Add fresh parsley and serve.