

Chicken Sauté

with Lemon, Capers and Bread Crumbs



The successful recipe takes a special balance of flavors. At Corporate Realty, personalized service is the special ingredient that makes your leasing experience memorable.





Chicken Sauté Serves 4

Ingredients

4 large boneless skinless chicken breast halves

Kosher salt and freshly ground black pepper

¼ cup all-purpose flour

2 large eggs

1 cup bread crumbs (fluffy and medium-coarse, not too dry or too fine)

1 tablespoon olive oil

5 tablespoons unsalted butter

1 shallot, finely minced

¼ cup dry white vermouth

2 tablespoons capers, rinsed

Juice of ½ lemon

1 tablespoon chopped flat-leaf parsley

Method

Season the chicken on both sides with salt and pepper. Place the flour in a shallow pan or dish. In another dish, beat the eggs well. Place the bread crumbs in a third dish. One by one, coat the chicken breasts in the flour, vigorously shaking off any excess, then dip to coat both sides with the egg, and press firmly in the bread crumbs, turning to cover both sides. Place on a baking sheet and set aside.

Heat a large heavy sauté pan over high heat. Add the olive oil and 1 tablespoon of the butter. When the foam subsides, add the chicken, reduce the heat to medium, and cook until golden on the first side, about 4 minutes. Turn the chicken and continue cooking (you may need to lower the temperature a little) until golden on the second side and just cooked through; the juices should run clear when the chicken is pierced with a knife tip. Transfer the chicken to a rack set over a platter to rest and cover to keep warm while you prepare the sauce.

Pour out the excess oil from the sauté pan. Add the shallot and cook over medium heat until softened, about 1 minute. Add the vermouth and capers and reduce the liquid over high heat until only a glaze remains. Lower the heat slightly, add 2 tablespoons of the butter, and whisk vigorously to combine. Add the remaining 2 tablespoons of butter, whisking constantly and occasionally shaking the pan. Add the lemon juice, taste, and adjust the seasoning. Remove from the heat and stir in the parsley.

Arrange the chicken breasts on serving plates, spoon the sauce over, and serve immediately.

