

Piccata with Lemon Sauce

ala Chef Baba

INGREDIANTS

- 2 lbs. boneless butterflied chicken breast
- 1 cup all-purpose flour
- Salt and pepper to taste
- 3 oz. extra virgin olive oil
- 2 oz. sweet butter
- 2 oz. all-purpose flour
- 2 oz. dry white wine
- 3 oz. fresh lemon juice
- 2 tbsp. baby capers
- 2 oz. fresh Italian parsley, chopped
- 2 cups fresh spinach leaves

INSTRUCTIONS

1. Preheat a sauté pan over medium-high heat.
2. Season the chicken breast with salt and pepper.
3. Dredge the chicken in the all-purpose flour, shaking off any excess.
4. Add the extra virgin olive oil to the preheated sauté pan.
5. Add the chicken to the pan and cook until golden brown on both sides, approximately 4-5 minutes per side.
6. Remove the chicken from the pan and set it aside on a plate.
7. Reduce the heat to medium.
8. Add the sweet butter to the pan and allow it to melt.
9. Add the all-purpose flour to the pan and whisk to combine, creating a roux.
10. Cook the roux for approximately 1-2 minutes, stirring constantly.
11. Add the dry white wine to the pan and whisk to combine, cooking for approximately 2-3 minutes or until the wine has reduced by half.

12. Add the fresh lemon juice and baby capers to the pan and stir to combine.
13. Add the chopped Italian parsley to the pan and stir to combine. 14. Return the chicken to the pan, spooning the sauce over the chicken.
15. Allow the chicken to cook in the sauce for approximately 5 minutes or until it is tender.
16. Add the fresh spinach leaves to the pan and stir to combine, cooking for approximately 1-2 minutes or until the spinach is wilted.
17. Serve the chicken piccata hot, garnished with additional chopped parsley if desired.

Chef Baba also recommends adding artichoke hearts to the sauce for an extra flavor boost. This lemon piccata sauce can be used on other proteins such as fish, veal, pork, turkey, or even pasta primavera. Enjoy!