

CHEF BABA

CHICKEN PICATTA

INGREDIENTS

- 2 lbs. Chicken Breast - boneless butterflied
- 1 cup All Purpose Flour
- Salt & Pepper to taste
- 3 oz. extra virgin olive oil - for saute

PICCATA LEMONSAUCE:

- 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 leaf

METHOD

Dredge the chicken lightly into the seasoned flour on both sides. Saute until golden brown in a Hot sauté pan. Remove the chicken & set aside. Add the 2 oz. butter & add the 2 oz. flour to the pan to make a Roux. Next add the wine & reduce by half. Add the lemon, capers & parsley. Return the chicken back to the pan & finish cooking it in the sauce until tender (5 min.) Add the raw spinach last second & serve. Chef also likes to add artichoke hearts to his Piccata. Use this versatile lemon piccata sauce on any fresh fish, veal, pork, turkey even pasta primavera!

BON APPÉTIT