

Chicken Francese

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Lemons have to be one of my overall favorite foods from any food group. I can use it in my tea hot or cold. It can be candied or preserved. It can be used for sorbet or a tangy pie. It's truly a gem. But today I'm taking it to a frying pan and making one of my absolute favorites, Chicken Francese. This lemony chicken dish has to be my favorite summer eats! I'm also going to show you how to transform this dish into a cold pasta salad for really hot days! Let's get cooking...

Serves: 4 Total time: 40 minutes

- 4 skinless, boneless, chicken breasts*
- All-purpose flour, for dredging*
- salt and black pepper to taste*
- 4 large eggs*
- 1/4 cup extra-virgin olive oil*
- 1/2 lemon, with rind, cut in thin rounds*
- 1/2 cup dry white wine, such as Pinot Grigio*
- 1 cup chicken broth*
- 1/2 lemon, juiced*
- 2 tablespoons unsalted butter*
- 1/4 cup chopped flat-leaf parsley*

Place chicken breasts side by side on a cutting board and lay a piece of plastic wrap over them. Pound the chicken breasts with a flat meat mallet, until they are about 1/4-inch thick. This will make chicken tender and will lessen the cook time. Put flour in a shallow platter and season with a fair amount of salt and pepper; mix with a fork to distribute evenly. In a wide bowl, beat the eggs until really combined. Heat the oil over medium-high flame in a large skillet.

Dredge both sides of the chicken cutlets in the seasoned flour, and then dip them in the egg wash to coat completely, letting the excess drip off. When the oil is nice and hot, add the cutlets and fry for 4 minutes on each side until golden, turning once. Do not have the oil too hot, you don't want to burn the

egg coating. Remove the chicken cutlets to a large platter in a single layer to keep warm.

Toss the lemon slices into the pan and cook for 1 to 2 minutes, until fragrant. Add the wine, broth, and lemon juice, simmer for 5 minutes to reduce the sauce slightly. Roll the butter in some flour and add it to the skillet, this will thicken the sauce. Stir well with fork or small whisk to incorporate and dissolve the flour. Reduce the heat to low and return the chicken to the pan; place the lemon slices on top of the cutlets. Simmer gently for 3-4 minutes to heat the chicken through and thicken sauce. Taste sauce and season with salt and pepper if needed. I love to serve this over garlicky or buttery noodles, garnished with chopped parsley, and served hot. This is dish can be enjoyed hot or cold.

To serve this as a cold dish (great for crowds) cut chicken into chunks and follow same steps once done set aside to cool. Now boil some pasta, bowtie pasta works great – or any pastas you may have. Follow instructions on package, once cooked rinse in cold water, and strain well. Stir in cooled off chicken and stir. I love adding in fresh spinach to complete this cold pasta salad. Any way you serve it, its going to be delicious. Enjoy!