

BFF Crispy Coated Chicken

From Food52



3/4 pound boneless skinless chicken breasts, or chicken tenders

1/4 cup flour

Salt and pepper

3/8 teaspoon garlic salt

2 large eggs

1 1/4 cups panko

3/4 cup Parmigiano-Reggiano cheese, grated

Vegetable oil

DRESSING:

3/4 small garlic clove

1/4 cup Parmigiano-Reggiano cheese, finely grated

3/4 tablespoon crème fraiche

1 5/8 tablespoons lemon juice

3/4 teaspoon honey

4 3/4 tablespoons virgin olive oil

3/4 teaspoon anchovy paste, optional

Salt and pepper

Per Serving (excluding unknown items): 388 Calories; 22g

Fat (50.6% calories from fat); 28g Protein; 20g

Carbohydrate; 1g Dietary Fiber; 162mg Cholesterol;

355mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2

Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3

1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. Pound chicken breasts to about 1/3 to 1/4-inch in thickness. Cut into narrow planks (fingers). Sprinkle with salt and pepper. Set aside.

2. Get breading stations ready. Mix flour and garlic salt on a plate. Next, beat eggs in a shallow but wide bowl. Then mix together panko and parmesan in another shallow bowl or plate. Put a clean plate at that end.

3. With one hand coat a piece of chicken with flour mixture and then drop into egg mixture. Pick it up, coat both sides with egg then drop into panko/cheese mixture. Using your other hand, coat both sides with panko/cheese. Set on the clean plate and continue coating the rest of the chicken.

4. Add enough vegetable oil to generously coat your nonstick frying pan and heat on medium high heat. Once hot, add enough chicken to fill the pan. Once the coating has turned golden brown flip each slice over, about 1 to 1-1/2 minutes. Add additional oil to make sure that the panko/cheese mixture can also brown evenly on that side, about a minute. When both sides are nicely browned, remove to a plate with paper towels and keep warm in a low oven until you've fried all the chicken. Do not over cook them or they'll be dry.

5. The chicken can be served hot or room temperature. To reheat, heat in a 350° F oven or toaster for 5 minutes or until coating sizzles.

6. Dress the salad with the dressing and place chicken on top.

7. Pack chicken pieces into lunch boxes with a small container of ketchup.

8. Tuck pieces of chicken between two slices of your favorite toast with lettuce and tomatoes and the bread spread with some of the dressing.

9. **DRESSING:** Mash up the garlic clove your favorite way. Add garlic with Parmesan, crème fraiche, lemon juice and anchovy (if using) and mix thoroughly. Add olive oil and whisk until evenly mixed and emulsified. Taste and add salt, ample pepper, or more lemon juice.