

Breaded Chicken Breasts with Parmesan Cheese

The Essential New York Times Cookbook, Hesser, 2010

From Pierre Franey, 1987, New York Times



4 boneless skinless chicken breast halves, about 1 1/4 poundss

Salt to taste if desired

Freshly ground pepper to taste

2 tablespoons flour

1 large egg, beaten

2 tablespoons water

1 cup fresh bread crumbs, finely crushed

1/4 cup Parmesan cheese, freshly grated

2 tablespoons grapeseed oil, or peanut or vegetable oil

4 tablespoons butter

1 tablespoon fresh tarragon, finely chopped

2 tablespoons fresh lemon juice

Serving Ideas: I served this with fingerling potatoes, but it would be delicious with a side of buttered pasta.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

You can use panko crumbs, fresh bread, or (what I used) freshly made garlic croutons, crushed. If you have chicken tenders, remove them, dip them separately and cook for just 2 minutes (max) per side.

1. Cut away and discard any white membranes or traces of fat from the breast halves. Pound the chicken breasts gently in between two pieces of plastic wrap, so they are approximately an even depth, about 1/2 inch. Sprinkle each with salt and pepper.
2. Put the flour in a shallow dish. Dip the breasts in the flour. Coat well, and shake off excess.
3. Combine the egg with water, salt and pepper in another shallow dish, and beat to blend.
4. Combine the bread crumbs with Parmesan cheese in a third dish, and blend.
5. Dip the breast halves in the egg mixture, coating thoroughly. Drain off excess. Dip the pieces in the bread-crum mixture, also coating thoroughly. Pat the pieces lightly with the flat side of a large knife to make the crumbs adhere.
6. Heat the oil, preferably in a nonstick skillet, and add the breasts. Cook over moderately high heat until golden brown on one side, 3 to 4 minutes. Turn and cook 3 to 4 minutes or until golden brown on the second side.
7. Transfer the chicken to a warm platter; pour the fat from the skillet.
8. Add the butter to the skillet, and cook until bubbling. Add the tarragon and lemon juice; blend. Pour the sauce over the chicken, and serve immediately.

Per Serving (excluding unknown items): 379 Calories; 23g Fat (55.2% calories from fat); 32g Protein; 10g Carbohydrate; trace Dietary Fiber; 157mg Cholesterol; 365mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat.