



Chicken Piccata

8 skinless boneless Chicken Breasts *

1/2 cup all purpose Flour

Salt & Pepper

4 TBS Olive Oil*

2/3 cup Dry White Wine*

2 cup fresh Lemon Juice

2 cup Chicken stock*

2 cups drained Capers

2 cups chopped fresh Parsley

2TBS butter softened and divided

2 TSP flour

Place chicken between 2 large sheets of plastic wrap. Using a meat pounder or rolling pin, lightly pound chicken to 1/4 inch thickness. Dip chicken into seasoned flour to coat – Shake off excess.

Heat oil in large skillet. Add chicken breasts, 2 or 3 at a time and cook until golden and cooked through (about 3 minutes per side). Transfer chicken to a platter, tent with foil to keep warm.

Mix 1 TBS softened butter and flour together with a fork.

Bring wine, lemon juice and stock to a boil in the skillet over a medium high heat. Add a small amount of the butter/flour mixture to the sauce, 1 TSP at a time whisking and cooking for about 2 minutes or until the desired thickness. Stir in capers, parsley and 1 TSB of butter. season to taste with salt and pepper. Add chicken back to skillet and heat through. Serve immediately.

Serves 8 people. keep warm.

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