

# Jason Pettit – Capital Radio Recipe



## **Classic Chicken Piccata Recipe**

**Chicken Piccata is an Italian classic of pan-fried chicken breast, finished in a delicious lemon, caper and butter sauce.**

It can be served with your choice of potato (mashed or boiled), pasta, rice or creamy polenta.

Ready in under 25minutes this is an easy family style dinner that equally works well as part of an Iftar offering.

### **Ingredients**

2	lrg	chicken breasts	(cut in half)
4	Tbsp	plain flour	(sieved onto a plate)
		salt & black pepper	
2	Tbsp	olive oil	
25	gram	butter	
2	each	spring onions	(cleaned & sliced finely)
4	Tbsp	white grape juice	
400	ml	chicken stock	
4	Tbsp	capers	(rinsed & drained)
1	each	lemon	(zested & juiced)
1	each	lemon	(cut half & sliced)
1	handful	parsley leaves	(picked & rough chopped)

Serve with green vegetables such as tender stem broccoli, green beans, mange tout.

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## **Method**

Place the cut chicken breasts between 2 sheets of cling film and lightly bash to an even thickness of approx. 5mm.

Season the sieved flour with salt and pepper and mix.

Coat each chicken breast on both sides in the seasoned flour – lightly shake to remove excess flour.

Pre heat a large frying pan / skillet over a medium to high heat and then add 1Tbsp of oil half the butter. Once the butter melts and begins to foam, add the chicken breasts. Leave them to cook until golden and crispy and then turn (approx. 2 – 3 minutes).

Once both sides are golden and crispy, remove from the pan and set aside on a warm plate.

Add the remaining oil to the pan and the sliced spring onions.

Sauté until soft and then add the grape juice.

Bring to a gentle boil, scrape the pan to release any golden bits.

Add the chicken stock, capers, 1Tbsp lemon juice, lemon zest and sliced lemons and bring to a gentle boil.

Boil for a minute or 2 until the sauce has reduced in volume slightly and thickened.

Taste and add more lemon juice / salt and pepper if required.

Reduce the heat to a simmer and add the remaining butter – stir until melted into the sauce.

Return the chicken and any juices to the pan and bring to a gentle simmer. Spoon some of the hot sauce over the chicken breasts and heat for a couple of minutes.

Once the chicken is piping hot, arrange in a serving platter. Add the chopped parsley to the sauce and divide over the chicken breasts.

Top with the mixed garnish and serve with a quarter wedge of lime.

Notes from the chef:

*Capers are either found in brine or salted – both will need rinsing and draining.*

*The strength of lemon varies – if you have strong tasting lemons then taste the sauce with just the sliced lemons in it.*

*Do not move the chicken breasts once added to the pan – leave them to sear!*

*Pounding the chicken to 5mm ensures they cook evenly and quickly. The muscle will also shrink and fatten as it cooks.*

*Do not boil the sauce to the chicken may become dry and tough.*

Tbsp - tablespoon

Tsp – teaspoon

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## **Notes from the chef for a Vegan Version;**

### **Option 1**

*Replace the chicken with firm tofu – pressed to remove liquid*

*Replace the chicken with portobello mushrooms*

*Replace the chicken with cauliflower slices – these will need to be finished in the oven for 15 – 20minutes after pan searing.*

*Replace the chicken stock with vegetable stock*

*Replace the butter with vegan butter / nut butter / coconut oil mixed with a little water / hummus*

Tbsp - tablespoon

Tsp – teaspoon