

Chicken piccata recipe essay sample

[Food & Diet](#), [Cooking](#)



INGREDIENTS

- 2-4 boneless, skinless chicken breast halves (1 1/2 pound total)
- 2 Tbsp grated Parmesan cheese
- 1/3 cup flour
- Salt and pepper
- 4 Tbsp olive oil
- 4 Tbsp butter
- 1/2 cup chicken stock
- 3 Tbsp lemon juice
- 1/4 cup fresh chopped parsley

METHOD

Method 1: Cut the chicken breast halves horizontally, butterflying them open. If the breast pieces you are working with are large, you may want to cut them each into two pieces. If the pieces are still thick after butterflying, put them between two pieces of plastic wrap and pound them with a meat hammer to 1/4-inch thickness.

Method 2: Mix together the flour, salt, pepper, and grated Parmesan. Rinse the chicken pieces in water. Dredge them thoroughly in the flour mixture, until well coated.

Method 3: Heat olive oil and 2 tablespoons of the butter in a large skillet on medium high heat. Add half of the chicken pieces, do not crowd the pan. Brown well on each side, about 3 minutes per side. Remove the chicken from the pan and reserve to a plate. Cook the other breasts in the same manner,

remove from pan. Cover with aluminum foil and keep warm in the oven while you prepare the sauce.

Method 4: Add the chicken stock and lemon juice to the pan. Use a spatula to scrape up the browned bits. Reduce the sauce by half. Whisk in the remaining 2 tablespoons of butter. Plate the chicken and serve with the sauce poured over the chicken. Sprinkle with parsley.

Yield: Serves 4 person

Lemonade

INGREDIENTS

- 3 Lemons
- 5 cups of cold water
- 1/4-1 cup of sugar
- Ice

METHOD

Method 1: Take and squeeze 3 lemons for 1/2 a cup of lemon Juice. Method 2: Put 5 cups of cold water into the container you are using. Method 3: Add sugar to your water a little at a time. Mix and taste often. Method 4: Put this into your refrigerator for approximately five minutes; Method 5: Mix all your ingredients together while putting in the ice. Method 6: Enjoy!