

Chicken Piccata, Deep Fried Capers + Garlic Broccolini

Serves 6

INGREDIENTS

For the Chicken:

3 skinless, boneless chicken breasts, butterflyed
Seasoned all-purpose flour, for dredging
kosher salt & freshly ground black pepper
3 tbsp butter
3 tsp olive oil, available at dish

1 tbsp olive oil
¼ cup finely chopped shallots
2 garlic cloves, thinly sliced
4 tbsp butter
2 tbsp fresh lemon juice
2 tbsp drained brined capers, minced, sold at dish
2 tbsp finely chopped parsley

For the Capers:

¼ cup brined capers, drained and dried with a paper towel, sold at dish
¼ cup olive oil

For the Broccolini:

1 bunch broccolini, ends trimmed
2 tbsp unsalted butter
2 cloves garlic, finely chopped
½ lemon, zested
1 tbsp lemon juice
Kosher salt & ground pepper

METHOD

For the Chicken:

1. Butterfly the chicken breast. If necessary, place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet. Season both sides of chicken evenly with salt and pepper. Dredge chicken in flour seasoned with salt and pepper, in shallow dish; shake off excess.
2. Melt 1 tablespoon butter in a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add chicken to pan; sauté 4 minutes on each side or until done. Remove chicken from pan; place on a sheet pan fitted with a roasting rack. Place chicken in a 375F oven to finish cooking, about 10 minutes. Once an internal temperature of 165F has been reached, cover with foil to keep warm.

For the Sauce:

3. Heat 1 tablespoon of olive oil in pan; swirl to coat. Add shallots to pan; sauté 3 minutes, stirring frequently. Season with salt, and pepper. Add garlic; sauté 1 minute, stirring constantly. Add butter, and cook until the butter begins to brown. Add in lemon juice, capers, and parsley. Taste for seasoning.

For the Capers:

4. Heat 1/4 cup of olive oil in a small saucepan or skillet over medium-high heat. When the oil is hot, add the capers 1 to 2 tablespoons at a time. Fry, swirling the pan gently, until just golden brown, about 45 seconds. Using a slotted spoon, transfer the capers to a plate lined with paper towels to drain. Blot gently to absorb excess oil. Cool briefly before using.

For the Broccolini:

5. Blanch the broccolini in a large pot of boiling salted water for 3 minutes. Drain immediately, and immerse in a bowl of ice water.
6. Melt the butter in a large sauté pan. Add the lemon zest and garlic and stir. Drain the broccolini and add it to the garlic mixture, and cook for 5-7 minutes. Add the lemon juice, salt and pepper to taste, and toss well before serving.