



Menu du Jour

30 April 06

Chicken Piccata

Sautéed Sugar Snap Peas & Baby Carrots

(Serves two)

Chicken Piccata

The dish is accented by capers and artichoke hearts. Although classically made with veal scaloppini, chicken breasts make a fine substitution.

2 skinless, boneless chicken breasts, butterflied and then cut in half
8 ounces linguini or fettuccine
1 tablespoon chicken base
Coarse kosher salt and freshly ground black pepper
1/2 cup all-purpose flour
Granulated garlic, to taste
6 tablespoons unsalted butter, divided
5 tablespoons extra-virgin olive oil, divided
1/3 cup fresh lemon juice
1 lemon, thinly sliced
1/2 cup chicken stock or dry white wine
2 tablespoons capers, rinsed
4 artichoke hearts, quartered
1/4 cup chopped fresh flat-leaf parsley
1/4 cup freshly grated Parmesan cheese

Pound the chicken breasts between two sheets of waxed paper to an even 1/8-inch thickness and season with salt and pepper. Pour the flour into a pie plate and season with granulated garlic, salt and pepper. Dredge the chicken in seasoned flour and shake off excess.

Half fill a stockpot with water and bring to a boil. Add the chicken base and stir. Cook the pasta in the seasoned water until al dente.

Preheat the oven to 250 degrees F.

As the pasta is cooking, melt 2 tablespoons of butter in a large skillet over medium-high heat, add 3 tablespoons olive oil. When butter and oil start to sizzle, add 2 pieces of chicken and cook for 3 minutes. When chicken is browned, use tongs to turn and cook another 3 minutes. Remove and transfer to the oven. Melt 2 more tablespoons butter and add another 2 tablespoons olive oil. When butter and oil start to sizzle, add the other 2 pieces of chicken. Cook on each side for 3 minutes and transfer to the oven.



Add the lemon juice, 4 lemon slices, stock (or wine) and capers to the skillet. Bring to boil, scraping up brown bits from the pan. (If you are using wine instead of stock and cooking on a gas range, the sauce may flambé so be careful.) Adjust seasonings. Return the chicken to the pan, add the artichoke hearts and simmer for 5 minutes. Remove chicken to a warmed platter. Add remaining 2 tablespoons butter to the sauce and whisk vigorously. Pour sauce over chicken; garnish with chopped parsley, Parmesan and lemon slices.

Sautéed Sugar Snap Peas & Baby Carrots

2 cups sugar snap peas
1 cup baby carrots
2 tablespoons unsalted butter
Coarse kosher salt & freshly ground black pepper, to taste

Remove the strings from the snap peas.

Bring a 2 1/2-quart saucepan half-filled with salted water to a boil over medium heat. Add the carrots and cook for 3 minutes. Add the sugar snap peas and cook another 3 minutes. Drain and shock the vegetables in an ice bath to stop the cooking and set the color. Drain and reserve.

Melt the butter in a medium skillet over medium heat. Add the drained vegetables and sauté for 2 to 3 minutes or until crisp-tender. Season to taste with salt and pepper.

Cooking & Presentation



Chicken Piccata In The Skillet



Chicken Piccata, Fettuccini and Sautéed Sugar Snap Peas & Carrots