

Chicken Cutlets Italian Style



Serves
SERVES 4

Ingredients

4- 6 OZ FREE RANGE CHICKEN BREASTS

2- eggs, beaten

1/2 cup Italian Bread Crumbs

1/2 cup all purpose flour

2- cups olive oil or vegetable oil

Sea Salt

Fresh Ground Black Pepper

2 medium lemons

Preparation Instructions

Season Chicken breasts with salt and pepper on both sides. In a deep cast iron skillet, pour enough oil in to fill the bottom about 1". In three shallow dishes or bowls, fill one with flour, one with beaten eggs, one with the bread crumbs. Heat the skillet so that the oil is hot but not smoking. Test it with a little drop of water. If it sizzles it is ready. Dredge each chicken breast in the flour, egg, then bread crumbs making sure that both sides are covered. Place each breast one at a time in the heated oil. Let fry for about 2 minutes until golden brown. Turn over and brown the other side. Drain on a paper towel. Do the rest with the other three breasts. Put each breast on a plate and squeeze some lemon juice on the top of each one. Serve with sautéed mushrooms and buttered fresh green beans and slice of fresh tomato.