



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Chicken Piccata

Serves 4

Preheat oven 400°F

4 - 7 oz chicken breasts, skin-on - bone-in
1/3 cup flat Italian parsley, chopped coarsely
¼ cup capers, drained
¼ cup extra virgin olive oil
1 shallot, minced
3 cloves of garlic, minced
¾ cup dry white wine
Zest of 1 lemon
1 tablespoon fresh lemon juice
Sea salt and freshly ground pepper
½ cup Reggiano-Parmigiano, shredded

THE STEPS:

- In a small bowl, stir together parsley, capers, lemon zest and half of the olive oil
- Place a large skillet over medium high heat and add the remaining olive oil
- When oil is hot add chicken breasts, bone side down
- Generously salt and pepper the breasts and cook until a bit of blood seeps through the top
- Using a metal spatula, turn breasts over, browning the skin side - about 4 minutes. Try to keep the skin from sticking
- Turn the chicken breast back on to the bone then place the skillet in the oven to finish cooking the breasts - about 15 minutes.
- Remove skillet from oven and place chicken breasts on a platter to rest. Cover platter.
- Place skillet over medium high heat.
- Add shallots and garlic and sauté until fragrant and golden.
- Add wine and lemon juice to de-glaze the pan.
- Reduce sauce to half the volume.
- Transfer each chicken breast to it's own plate.
- Divide sauce between the four servings, pouring it over the chicken
- Divide the parsley mixture between the plates, sprinkling it on top of the breasts
- Finish with a sprinkling of shredded cheese.
- Serve immediately.

THE LOVE: The magic of this dish is the fresh light taste and texture of the sauce. Make sure your skillet is nicely browned but not scorched. Too dark a pan will produce a burnt flavour and fight against the lemon. Also, the capers are salty so keep that in mind when you are seasoning the chicken.