

Chicken Piccata *with lemon & capers*

Served with a parmesan sweet pea mash

Ingredients:

3-6 boneless, skinless chicken breasts	1 qt heavy cream or half & half
1 box chicken stock	white wine (fruity chardonnay or pinot grigio)
2 lemons	up to 1 stick butter (as needed)
2 tbsp capers	up to 1/2 cup olive or canola oil
4-6 cloves garlic (1/2 minced, 1/2 sliced)	AP flour (as needed)
3-6 lbs. potatoes (russet, yukon or red)	1/2 onion or 1 shallot
1 bag frozen sweet peas	parsley (to garnish)
2-4 oz parmesan (grated or shaved)	

Seasonings- salt, pepper, garlic, lemon zest, pinch of red pepper flakes (optional)

Tools- chef's knife & cutting board, 2 pairs of tongs, a sheet pan, a large container or zip bag to dredge, veggie peeler, cheese grater (if the parmesan isn't bought grated), hand mixer or a sturdy whisk, a large pot, a large skillet, a mallet or something for pounding, plastic wrap, a blender or bullet, a spoon or rubber spatula, a wine opener & a strainer

Prep to Cook Along- peel the potatoes & store in cold water; mince the garlic; thaw the peas; clean the chicken ahead (rinse it in lemon water & remove unwanted fat & gristle, slice it in half horizontally to make cutlets); open the wine; have your tools out & at a grab

Method (Starting the Chicken & the Parmesan Sweet Pea Mash:

- peel & boil the potatoes
- clean & fabricate the chicken (trim off the fat & gristle)
- slice the chicken horizontally to speed up cook time & stretch out the meat
- pound the chicken into an even layer (before pounding, wedge it between plastic/ in a large zip bag to prevent tears)
- season both sides of the poultry with salt, pepper, garlic & lemon zest
- lightly dust the chicken in flour, pat off the excess
- set aside & prepare to pan fry
- begin to shallow fry the chicken
- while the chicken cooks, drain the potatoes
- add the potatoes back into the pot, whip them both together using the hand mixer or whisk
- puree about 1 cup of the peas with the minced garlic in the blender with a bit of stock or cream
- add the pea puree & a bit of the whole peas to the potatoes
- remember to check on the chicken & continue to cook it in stages or until golden on both sides
- return to the potatoes
- add cream or half -n- half until it is smooth
- add butter to taste
- once the mash is at your preferred consistency, add the parmesan
- season the mash to taste with salt, pepper & granulated garlic
- turn the mash pot on low until it is time to serve
- Place the browned chicken aside. It will be added to the sauce later to simmer.



The Sauce:

- pour off the excess oil from the chicken skillet
- wipe out the excess browned bits
- lightly sauté' the onions or shallots, sliced garlic & capers until translucent
- deglaze the pan with white wine (about 1 cup)
- cook until it reduces in half & add about 1/2 box of chicken stock (2 cups or so)
- season to taste & add a touch of butter
- Add the chicken to the sauce to reheat & simmer in the sauce. Allow it to cook until aromatic & hot.
- serve the chicken piccata with the parmesan sweet pea mash
- garnish with fresh lemon zest, cracked pepper & fresh parsley