

Chicken French



Ingredients :

- 4 chicken breast (cut in half and pounded)
- 3 lg. eggs
- 1/2 cup of flour
- salt and pepper to taste
- vegetable oil
- 1/2 tsp. fresh parsley (chopped)
- 2 tbsp. butter
- 2 tbsp. flour
- 2 1/2 cups of white wine
- 1/2 cup of chicken stock
- juice of 1/2 lemon
- juice of 1/2 orange
- 1 tsp of fresh parsley (chopped)
- lemon wedges for garnish

Directions:

1. Cut chicken breast in half, and pound till they are about the same thickness. Season with salt and pepper.
2. Beat eggs and add parsley to them, in another pan spread flour. Dip each chicken piece in **flour** then **egg**.
3. Preheat large skillet with vegetable oil (med. heat) and sear the chicken pieces (don't over crowd the chicken in the pan). Remove chicken for the skillet and set aside.
4. Using the same pan the chicken was seared. Discard access oil, turn heat down to low add the butter and flour, season with salt and pepper to taste (cooking for 1 minute).
5. Bring the heat back to medium and add wine, whisk together and bring to simmer. Allow to reduced by half (8-10 minutes).
6. Then add chicken stock, juice for lemon, juice for orange and parsley. Place the chicken back in the pan, cover and let simmer for 5-8 minute on low heat. Uncover the chicken and turn off the heat.
7. Wait 5 minutes before serving to allow the sauce to thicken. Garnish with lemon and parmesan cheese.