

# Mangia Bene, Viva Bene

By FRANK ZEOLI



## Lemon Chicken

As I have said before, my grandmother had a million ways to make chicken. I think she had a recipe that would use every part of the chicken. One of my favorites was her Lemon Chicken. It was a cross between Chicken Milanese and Chicken Francese. She simply called it "Lemon Chicken" and it was delicious. It was one of those dishes that could be made at anytime of the year and didn't take too long.



**Prep Time:** 10 - 15 minutes

**Cook Time:** 35 - 40 minutes

### Ingredients

- 6 pieces of boneless breast of chicken
- 2 cups of Italian breadcrumbs
- 1 cup of all purpose flour
- 2 eggs
- $\frac{3}{4}$  cup of frying oil (My grandmother used Canola oil or a blended oil.)
- $\frac{1}{2}$  teaspoon of salt
- $\frac{1}{2}$  teaspoon of granulated garlic
- 1 teaspoon of fresh garlic (minced)
- 1 teaspoon of parsley (dried or fresh)
- $\frac{3}{4}$  cup of white wine
- $\frac{1}{2}$  stick of butter (4 tablespoons)
- 4 fresh lemons - 3 for juicing ( $\frac{1}{4}$  cup of juice) and 1 for slicing (If you are not using fresh lemons, you need a total of  $\frac{1}{2}$  cup of lemon juice.)

### Instructions

1. Cut 3 lemons in half and squeeze them for fresh lemon juice. If you don't have fresh lemons, you can use bottled juice but fresh is always better. Slice the 4th lemon into circles.
2. Clean and pound the chicken. In 2 separate bowls, add the flour and breadcrumbs. In a 3rd bowl, beat the eggs and add salt and granulated garlic. Dredge the chicken in the flour, add it to the eggs and then into the breadcrumbs until completely covered.
3. In a frying pan on medium high heat, add the oil. When the oil is hot, add the breaded chicken and fry on both sides until they are golden brown. This should take approximately 15-20 minutes depending on the thickness of the chicken. Remove the chicken from the pan and place on a platter.
4. Reduce the heat to medium-low and pour the wine in the pan; with a whisk deglaze the pan getting all of those chicken bits from the bottom. Add the garlic, lemon juice, butter, and parsley. Stir it and let it simmer for about 10 minutes. Add the sliced lemons and return the chicken to the pan. Let the chicken simmer in the sauce for about 15-20 minutes until all of the flavors meld together.



Serve with a side of pasta or even some risotto.

