



INGREDIENTS

2 chicken breasts

3 eggs

1 TBSP of purified water

¼ cup of Parmigiano-Reggiano

Sprinkle of chopped parsley

Knob of unsalted butter

3 TBSP of olive oil

1 cup of AP flour (for dredging)

¾ cup of chardonnay white wine

1 chopped shallot

1 ½ cup of chicken stock

1 sliced lemon

Roux = ¼ cup of unsalted butter + ¼ cup of AP flour mixed together



POLLO FRANCESE

By Caterina Romano's kitchen

DIRECTIONS

1. Pat dry the chicken. Slice each chicken breast in half.
2. Cover the chicken fillets with cling wrap and using a mallet, tenderize them.
3. Season the eggs with salt & pepper. Add the water and scramble the eggs. Add and mix the cheese and parsley.
4. Set the stove to medium heat. In a large frying pan, combine the oil with the butter and continue heating until sizzling hot.
5. Place the chicken fillets in the flour. Season the side that is not floured with salt & pepper. Turn the fillet over and dredge in the flour. Shake off excess flour and place the chicken in the hot oil and butter mixture. Cook for 3-4 minutes on each side until they turn golden.
6. Set the chicken aside.
7. Discard the excess oil remaining in the frying pan. Add the wine and deglaze the pan. Cook until it reduces by half.
8. Add the shallot and cook for a few minutes until soft.
9. Add the chicken stock, increase the heat to maximum and bring to a boil. Reduce the heat to simmer and cook until the sauce reduces by half.
10. Strain the sauce. Return it to the pan. Place the lemon slices in the sauce and cook for 4-5 minutes. Gradually add the roux, mix until you reach the desired thickness of your sauce.
11. Return the chicken to the frying pan and cook for a few minutes until heated. Baste the chicken with the sauce.
12. Serve the pollo Francese topped with cooked lemon slices.

ENJOY THE POLLO FRANCESE