

05/17/11 - Chicken Cutlets

Everyone loves a hot piece of fresh schnitzel. When my boys were little they ate them, when they moved away to school I kept their freezers full. The kids like them served with a plate of spaghetti and meat sauce. It powers them up for big sports events. They are good on a Shabbat buffet served hot or cold. I keep them two to a pack in my freezer for late night foragers.

8-10 boneless skinless chicken breasts

1 cup all purpose flour

1 teaspoon salt

3 eggs

1 8 ounce package panko (Japanese bread crumbs)

Safflower oil for frying

Place the chicken breast between two pieces of parchment paper or plastic wrap. Using a pounder, or any kind of a flat heavy object, smash the thickest part of the breast so that the breast becomes larger and even in thickness. Be careful not to



Place the flour on a flat plate add ½ teaspoon of salt and mix around. Place each breast in the flour to coat and turn over to coat the other side. Place flowered chicken breast single layer on a sheet of waxed paper or foil.

Beat the 3 eggs in a shallow flat dish. Pour the panko into a flat plate, mix the last ½ teaspoon of salt into the panko. Pre-heat a large sauté pan and when it is medium hot add oil to about a one quarter inch depth.

Take a floured (dredged) chicken breast, dip it the beaten egg and then in the panko crumbs. Set the chicken into the hot oil. Repeat. You can dip all of the chicken breasts in the egg and panko and have them ready to fry rather than madly dipping



Only two or three chicken breasts fit in the pan at one time. As soon as you see the outer edges of the crumbs on the chicken turning golden, turn the chicken breast over with tongs. If the chicken is frying too fast, turn down the heat.



You may only turn the chicken once so be sure it is golden before you turn it all of the way over. When the chicken is golden brown on both sides remove it from the oil and place the cutlets single layer on a plate lined with paper towel to drain. Enjoy, serve whole or cut into strips.

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