

RACHIELE/TUCCI FAMILY RECIPE

COTOLETTE DI POLLO

Chicken Cutlets

(Makes 6 Servings)

6 boneless, skinless chicken breast halves	Kosher salt
2 large eggs	¼ cup olive oil, plus more as needed
1 tablespoon water	1 lemon, cut into 6 wedges
1 cup plain dried bread crumbs	
1 tablespoon freshly grated Parmesan cheese	
(optional)	

Remove the white tendons from the chicken breasts and discard. Cut off the tender chicken pieces (the fillets) that are not part of the whole breasts and set them aside. Pound each piece of chicken breast between sheets of waxed paper or plastic wrap until it is uniformly ¼ inch thick. Pound the fillet pieces as well.

In a shallow bowl, beat together the eggs and water. In another shallow bowl, toss together the bread crumbs, cheese, and salt to taste. Dip the individual chicken pieces into the egg mixture, letting the excess drip off, and then into the bread crumb mixture. Coat the chicken thoroughly with the bread crumbs. Place the coated pieces of chicken on a cookie sheet and set aside for at least 5 minutes to allow the bread crumbs to dry and adhere.

In a large saute' pan, heat the olive oil over medium-high heat. When the oil is hot but not smoking, add as many pieces of chicken as will fit comfortably in the pan. Cook, turning once, until the breasts are no longer pink in the center but still tender, about 6 minutes per side. (Reduce the heat if the bread crumbs begin to brown too quickly.) Remove to a platter lined with paper towels to drain. Add more oil to the pan as needed to cook the remaining chicken pieces. Serve immediately, garnished with the lemon wedges.

VARIATION:

Veal or chicken prepared this way may be used for a Parmigiana casserole.