

CHICKEN FRENCH



THE LODGE
AT NORTH OGDEN

A WATERMARK RETIREMENT COMMUNITY

SERVES 6–8

4 eggs
2 Tbsp milk
1 cup flour
1 tsp black pepper
1 1/2 lbs skinless, boneless chicken breast cutlets, pounded flat

2 Tbsp olive oil
1 Tbsp butter
1 cup chicken broth
1/2 cup dry sherry
2 lemons, juiced

1/4 cup cold butter, cut into chunks
1 Tbsp curly parsley, chopped
Salt and ground black pepper to taste

Beat eggs and milk together in a shallow bowl. Whisk flour, salt and black pepper together in another shallow bowl. Gently press chicken into flour mixture to coat; shake off excess flour. Dip chicken into egg mixture and coat completely. Heat olive oil and 1 Tbsp butter together in a large skillet over medium heat. Cook chicken in hot oil until lightly browned (2–3 minutes per side). Transfer chicken to plate.

Cook and stir chicken broth, sherry and lemon juice in same skillet. Bring to a boil and cover the chicken with sauce until sauce is reduced by half. Remove from heat and add cold butter chunks; stir until butter is melted and sauce is shiny and thickened (1–2 minutes). Stir parsley into sauce and season with salt and pepper. Return chicken to the skillet over medium heat, spoon sauce over the top, and cook until chicken is heated through and no longer pink in the center for an additional 1–3 minutes.

