



CS Chicken Schnitzel

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Categories: Main Dish - Chicken

Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 30 minutes

Description: A very German dish

Ingredients

4 8 oz boneless, skinless

Chicken Breasts

Celtic Sea Salt and fresh
ground Tellicherry Black

Pepper to taste

1 c All-Purpose Flour

3 lg Eggs

3 T Whole Milk

3 T Dijon Mustard

2 c dried Breadcrumbs

1/2 t freshly grated

Nutmeg

Zest 1 Lemon

Vegetable Oil

Directions

1) Preheat oven to 200° F, for warming

2) Working 1 breast at a time, butterfly the chicken by cutting horizontally with a sharp knife almost all the way through. Open like a book and pound each piece between sheets of plastic to about 1/4-inch thick. Season with salt and pepper.

3) Set up a breading station: Place the flour, some salt and pepper in a shallow dish. In another dish, beat the eggs, milk and mustard, and season. Place the breadcrumbs in a third dish with the nutmeg, lemon zest and salt.

4) Heat 1-inch oil in a large skillet over medium to medium-high.

Working in two batches, coat the chicken in flour, then the egg, then the breadcrumbs, pressing to adhere.

5) Fry the chicken over medium heat until deep golden brown and cooked through, about 3 minutes per side. Transfer the schnitzel to a wire rack set on a baking sheet and keep warm in the oven.