

# BENE

## *Cotoletta*



### **Ingredients:**

- 1 pound chicken breast
- 3 eggs
- Kosher salt & pepper
- 2 cup plain bread crumbs
- ½ cup all purpose flour
- ½ cup parmesan
- EV Olive oil for frying
- 2 TBSP flat leaf parsley
- 1 garlic clove, minced
- 2 TBSP milk
- 2 TBSP butter
- Lemon wedge for serving

### **Method:**

1. Slice in half lengthwise, then using the spiked end of a meat mallet, and pound chicken breast to ¼ thin. Salt pepper to taste both sides.
2. Add eggs, bread crumbs and flour to three separate shallow dishes.
3. To the dish with the eggs, add the parsley garlic and milk, then beat to combine.
4. Add the parmesan cheese to the bread crumbs and mix thoroughly.
5. Dredge chicken in flour, shake off excess, then in egg mixture, then dredge in crumb mixture. Place breaded breasts on Cling wrap or parchment paper lined baking sheet and refrigerate 1 hour.
6. Add butter to a hot pan and enough olive oil to a ¼" up side of frying pan. Cook 3-4 minutes on both sides, nice golden brown, set aside. Add more oil as necessary.
7. Pat dry with a paper towel to absorb excess oil.
8. Season with a pinch of salt.
9. Serve the chicken with lemon wedges. The dish pairs well with pan-roasted potatoes and tomato salad