

A recipe from

DAD'S COOKBOOK



Rating:



Crispy Pan-Fried Chicken With Creamy Orange-Thyme Sauce

Adapted Slightly from Recipe by Paula Deen

Southern comfort food includes fried chicken. This version is tasty and crunchy, and can be adapted to oven-baking if you want to avoid the little bit of oil from frying. The cream sauce is easy and changes the dish from ho-hum to WOW...

*3 large boneless, skinless chicken breasts
(¾ lb each)*

table salt and white pepper

½ cup all-purpose flour

1 large egg, lightly beaten

1 cup panko bread crumbs

1 tsp dried Italian herbs

1 oz light olive oil (or vegetable)

1½ cup heavy whipping cream

1 tsp fresh thyme leaves (no stems)

3 Tbsp orange marmalade or preserves

fresh thyme sprigs, garnish

Wash and trim the breasts, then butterfly them into equal halves. Separate the halves to produce six cutlets. Season lightly on all sides with salt and pepper.

Place a large, deep skillet on your range and heat over medium-high heat. Set up a dredging sequence which ends next to your stovetop: Three shallow dishes or plates, with flour in the first, the egg in the second, and the panko in the third. Add Italian herbs to the panko and stir. Dredge the cutlets first in flour (shaking off excess), then in the egg, and finally in the panko; stack for frying. When pan is hot add oil and begin frying, 2-3 cutlets at a time, being sure not to crowd in the pan. Turn once, at about 3 minutes (or a bit less), once the side is golden brown. Don't over-fry or the panko will char! Remove to paper towels on a warmer.

Meanwhile, make the cream sauce in a second skillet. Pour the cream into the skillet, add the thyme and ¼ tsp salt and bring to a boil, then reduce heat to a just maintain a boil. Stir often until sauce thickens a bit, 7-10 minutes. Stir in the marmalade until smooth. The sauce will thicken more as it cools a bit.

Place cutlets on dinner plates, spoon cream sauce liberally over and serve.

Yield: Six servings

Preparation time: 20 minutes

Cooking time: 15 minutes or so

