

Chicken Piccata

Ingredients

6 free range Irish chicken breasts
300g flour
salt & ground white pepper to season
drizzle of olive oil (for each pan)
1litre dry white wine
120g capers
4tbspns caper brine/juice
juice of 2 lemons
100g chopped parsley
120g butter, cubed

Method

Butterfly each breast of chicken and season evenly with fine sea salt & ground white pepper

Place the flour onto a plate or tray and pass each breast of chicken through it, dusting off the excess.

Heat two heavy based non-stick frying pans then add a good drizzle of olive oil to each.

Add three breasts of chicken to each pan and cook until golden.

Turn the chicken and sear for 2-3 minutes or until lightly coloured and sealed.

(The chicken should still be undercooked at this point as you need to allow time for the sauce to be made without over-cooking it)

Now divide the wine between each pan.

Bring to the boil then divide the lemon juice, caper juice and capers between the two pans.

Continue to boil rapidly until the wine is reduced by half

Now cube the butter and divide between each pan.

Make sure to drop the butter at the base of the pan where the handle meets the pan and then fold it into the sauce.

This means you simply push the pan back and forth creating a gently wave between the butter and wine until such time as the butter fully dissolves and the sauce thickens and emulsifies.

Now split the chopped parsley between the two pans.

Spoon onto plates and top with the sauce.

Serve with broccoli florets & linguine or baby potatoes.