

CHICKEN SCHNITZEL WITH SOUR CREAM MUSHROOM SAUCE

By: Simply Creative Chef Rob Scott

Ingredients:

Yields 4

2 boneless chicken breasts, thinly sliced or 8 chicken tenders
¾ cup flour
2 large eggs, beaten
1 cup plain breadcrumbs
Kosher salt, to taste
Freshly ground black pepper, to taste
¼ cup canola oil
2 tablespoons unsalted butter
1 8 ounce package slice mushrooms
1 teaspoon chopped garlic
1 cup chicken broth
1 tablespoon Worcestershire sauce
1/3 cup sour cream
1 tablespoon chopped parsley, for garnish

Directions:

- Slice each chicken breast in half lengthwise or chicken tenders
- Put them between pieces of plastic wrap and pound them with a mallet or a small skillet until they are ¼ inch thick
- Set up a breading station with three pie plates or shallow dishes
- Put the flour in one and season it with a generous pinch of salt and pepper
- The eggs beaten with 2 tablespoon of water in another
- The breadcrumbs in the third
- Dredge the chicken in the flour, then the egg wash and then the breadcrumbs and set aside
- In a large skillet over medium heat, add the oil
- When the oil is hot, add the chicken in 1 layer and cook until it is golden brown and crispy, about 4 minutes per side
- Drain on brown paper and keep warm while you make the sauce
- In another skillet over medium heat, add the butter
- When it is melted, add mushrooms and season them with salt and pepper
- Cook until they are browned, about 6 minutes
- Add the garlic and cook for 30 seconds and then add the stock and simmer for 4 minutes and reduce by one third
- Add the Worcestershire sauce, turn the heat off, and let cool for a minute before stirring in the sour cream
- Serve the Schnitzel with the sauce poured over the top and garnish with parsley