

Parmesan Crusted Chicken with Sage Butter Sauce – Cuisine at Home

<p>Crusted Chicken 2 boneless, skinless chicken breast halves 2 egg whites 2 tsp cornstarch Juice of ½ lemon 1 cup coarse dry bread crumbs (best if freshly made) 1 Tablespoon chopped fresh parsley ½ cup grated parmesan cheese 1 tsp kosher salt ¼ tsp ground black pepper Zest of 1 lemon, minced 3 Tablespoons olive oil</p>	<p>Preheat oven to 450.</p> <p>Prepare chicken breasts by pounding slightly.</p> <p>Whisk egg whites, cornstarch, and lemon juice in a pie plate.</p> <p>Combine bread crumbs, parsley, parmesan, salt, pepper, and zest in another pie plate.</p> <p>Dip chicken in egg mixture, then crust. Let rest on a rack 20-30 min.</p> <p>Sauté chicken in oil in an ovenproof skillet over medium-high heat for about 3 minutes, until golden and crisp on one side. Carefully turn. Transfer the skillet to the oven to finish cooking.</p> <p>Roast chicken until done, about 8 more minutes.</p>
<p>Sage Butter Sauce 3 Tablespoons shallot, minced ½ cup dry white wine ½ cup heavy cream ½ cup chicken stock 1 tsp fresh lemon juice 4 Tablespoons cold unsalted butter, cubed 1-2 tsp fresh sage, minced Salt, white pepper, cayenne to taste</p>	<p>Sauté shallot in butter in a small saucepan over medium heat, just until soft – 2-3 min.</p> <p>Add wine, cream, broth, and lemon juice. Simmer until reduced by half, 8-10 min.</p> <p>Whisk in butter, 1 Tbl at a time, stirring constantly. Do not add more butter until previous addition has melted completely.</p> <p>Finish sauce with sage and seasonings. Keep warm over very low heat until ready to serve.</p>

3 Tablespoons