



CHICKEN TENDERLOINS PICCATA WITH VEGETABLE ORZO

By Chef Bob Skolnick Photography by Marty Snortum Studio

Chicken Piccata is traditionally made with chicken breast meat that has been shaped and flattened into a cutlet. For this dish, you can also use turkey breast meat that has been flattened into a cutlet, but my personal preference is chicken tenderloins. Each chicken tenderloin typically weighs two to three ounces raw. I suggest three tenderloins per person, as there is always some shrinkage in the cooking process.

To cook the chicken, rinse the thawed tenderloins and pat dry. Season them with a little powdered garlic and powdered onion. Drop the tenderloins in a container with seasoned all-purpose flour (see recipe), and shake to fully coat each tenderloin. Next, transfer a few tenderloins at a time into a beaten egg wash. Dip the tenderloins in the egg wash and fully coat each tenderloin. Transfer a few tenderloins at a time to seasoned Italian breadcrumbs, tossing the tenderloins in the breadcrumbs until fully coated. You can also pat the tenderloins with the breadcrumbs to ensure the breading is securely placed on each tenderloin. Heat olive oil in a heavy duty wide sauté pan until hot. Place a few tenderloins at a time in the hot oil and cook until light golden brown on both sides. Watch the cooking closely as the breading can burn easily, leaving a bitter taste. Once all of the tenderloins are light golden brown, place them on a paper towel to drain off the excess cooking oil and then

transfer them to a pan or dish in a 300-degree oven to keep them warm until you are ready to finish cooking them.

To make the Piccata sauce, remove most of the olive oil from the sauté pan as well as any bread crumbs that might have overcooked, leaving some lightly browned drippings in the pan. On a low to moderate heat take the unsalted butter and place in the pan until the butter is melted into the olive oil. Add finely diced onion and garlic and sauté until translucent. Be careful not to let the butter brown. When the onions and garlic are cooked, turn up the heat and add the white wine. Stir in the white wine, scraping the bottom of the sauté pan to loosen the chicken sediment. Let the white wine boil to reduce by half. This burns off the alcohol and leaves the grape flavoring. Next add the lemon juice, capers and half of the fresh chopped Italian parsley. Season with salt and fine ground black pepper to taste. Let the sauce simmer for a few minutes to infuse all of the flavors. Stir in a little Wondra flour or cornstarch slurry to slightly thicken the sauce so that it coats the back of a spoon. Simmer for a few minutes more to cook the thickening agent and then set on the side of the stovetop to keep warm.

Now you're ready to cook the orzo. Start by bringing the chicken stock to a rapid boil and then gently add the tri-colored orzo, stirring con-

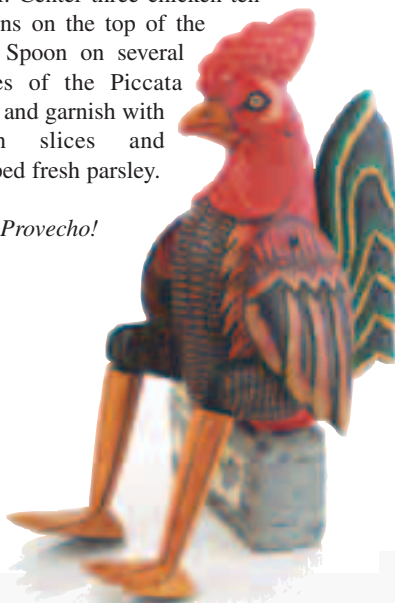
stantly. Keep in mind the orzo is small in diameter and will cook quickly. Stir regularly to make sure all the orzo separates and cooks individually. While the orzo is cooking, heat olive oil in a wide bottom sauté pan and add the diced red and yellow bell pepper. Sauté until tender. Add the green peas and toss gently. Remove from the heat and set aside to keep warm. When the orzo is al dente, drain in a fine colander and rinse with hot water to remove the surface starch. Shake off excess water and transfer the cooked orzo to the bell pepper and green pea mixture and toss gently until fully mixed. Season the orzo with salt, pepper and a little garlic powder. The vegetable orzo is now ready to serve with your Chicken Piccata.

To finish this dish, place the sauté pan with the Piccata sauce back on a stove top burner and bring to a boil. Gently place the chicken tenderloins into the sauce and turn carefully to coat each tenderloin with the sauce. Reduce to a simmer and cook the tenderloins

for a few minutes until cooked all the way through (cut open to test or test by touch).

Place 4 to 6 ounces of orzo on a heated platter. Center three chicken tenderloins on the top of the orzo. Spoon on several ounces of the Piccata sauce and garnish with lemon slices and chopped fresh parsley.

Buen Provecho!



Chicken Tenderloins Piccata with Vegetable Orzo

Serves 4

- 12 chicken tenderloins
- 3 cups all purpose flour, seasoned lightly (try a little Lawry's season salt)
- 4 large eggs, beaten (with a dash of cold water added)
- 4 cups Italian seasoned breadcrumbs
- 3 cups Extra Virgin olive oil
- ½ lb. butter, salted
- 2 cups white wine (Chablis or Chardonnay)
- 1 cup lemon juice
- 8 lemon slices
- 2 cups onion, finely diced
- 4 cloves of garlic, diced
- 1 cup capers
- 1½ cups fresh Italian parsley, chopped
- 2oz Wondra flour or cornstarch slurry
- 32oz orzo, tri colored
- 3 qts. chicken stock
- 2 cups diced red and yellow bell pepper
- 2 cups frozen green peas
- fresh ground black pepper to taste



www.southwestdining.com



FOUR DIAMOND AWARD WINNER

EXTENSIVE WINE SELECTION



A RUIDOSO TRADITION
FOR CASUAL FINE DINING

FRENCH AND CONTINENTAL CUISINE



LA
LORRAINE

FRENCH
RESTAURANT

2523 SUDDERTH DR., RUIDOSO NM
505.257.2954

RESERVATION RECOMMENDED