



Salad-Crisp Chicken Schnitzel With Lemony Herb Salad

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Condiment & Sauces, Poultry, Salads, VIMS 2019

Cook Time: 30 min **Difficulty:** Easy **Servings:** 6 to 8 servings **Source:** Cooking.nytimes.com

INGREDIENTS

- 12 anchovy fillets
- 2 small garlic clove
- kosher salt
- freshly ground black pepper
- Finely grated zest of 2 lemon
- 5 tablespoons fresh lemon juice
- 14 to 16 tablespoons extra virgin olive oil, to taste
- 4 eggs, beaten
- 3 cups panko or other unseasoned bread crumbs
- 1 cup flour
- 1/4 teaspoon cayenne
- 1/4 teaspoon freshly grated nutmeg
- 2 1/2 pounds chicken cutlets, pounded to 1/8-inch thick
- Safflower, peanut or vegetable oil, for frying
- 1 gallons mixed baby greens
- 4 cups soft herb leaves, like a combination of mint, tarragon, basil, parsley, cilantro, chervil, chives (try to use at least 3 kinds)
- 2 scallion, thinly sliced, including greens

NUTRITION

Nutritional analysis per serving (3 servings)
981 calories; 58 grams fat; 11 grams saturated fat; 0 grams trans fat; 33 grams monounsaturated fat; 8 grams polyunsaturated fat; 63 grams carbohydrates; 15 grams dietary fiber; 3 grams sugars; 55 grams protein; 251 milligrams cholesterol; 971

complex wine

DIRECTIONS

1. Mince anchovies and garlic and mix with a large pinch of salt until you get a rough paste. Put it in bowl and whisk in the lemon zest, juice and another pinch of salt and some pepper. Slowly drizzle in the olive oil.
2. Place eggs in one shallow dish, bread crumbs in another, and flour mixed with cayenne and nutmeg in a third. Season chicken cutlets generously with salt and pepper.
3. Heat 1/8 inch oil in a large skillet. While oil heats, dip cutlets one by one into flour (shake off any excess), then into eggs (ditto) and finally into the bread crumbs, taking care not to handle chicken more than necessary (hold meat by ends).
4. When oil sizzles when a pinch of bread crumbs is thrown in, add a chicken cutlet (or two if your skillet is large, leave plenty of room around them). Swirl pan so oil cascades over top of cutlet in waves. When bottom is golden brown, about 3 minutes, flip and brown the other side, swirling pan (swirling helps create air pockets, giving you lighter schnitzel). Transfer to a paper-towel-lined baking platter or baking tray and sprinkle with more salt. Repeat with remaining chicken.
5. Toss salad greens and herbs with just enough anchovy-lemon dressing to lightly coat them. Divide salad on serving plates and top with schnitzel. Drizzle with more dressing and garnish with scallions.

NOTES

Serve:

La Taille six Loups Triple Zero Jack Blot

Chardonnay: rich and complex white with complex fruit flavors and often a rich, creamy texture; the most popular white wine in the U.S. to date

Pinot Grigio is usually crisp, light, and steely, with great acidity; Pinot Gris (the same grape) is often made into a rounder, more

The secret, he said, is to trap air in the crust when you cook the meat by moving and shaking the pan. After dipping

the veal in flour, egg and bread crumbs, he put a cutlet in the skillet, swirling it so the hot oil undulated over the cutlet in waves. This motion creates steam that lifts the crust away from the meat, allowing the bread crumbs to crisp without sticking to the veal in a gummy mass.

Indeed, his schnitzel was a golden, gorgeous thing, with a puffy crust that shattered at the touch of a fork, and tender meat within. He served it with cucumber salad and lingonberry jam.