



Chicken French Rochester NY Style

Oscar · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

This is a Chicken French recipe Ive been making for years and it is one of my familys most requested meals Serve with brown and wild rice or rice pilaf along with Italiancut green beans Garnish with lemon slices if desired

Ingredients

- - ¼ cup all-purpose flour
- or as needed - salt and black pepper to taste - 2 large eggs
- beaten - 1 tablespoon white sugar - 1 tablespoon grated Parmesan cheese - 2 tablespoons olive oil - 4 skinless
- boneless chicken breast halves - ¼ cup butter - 2 teaspoons minced garlic - ¼ cup dry sherry - ¼ cup lemon juice - 2 teaspoons low-sodium chicken base

Instructions

1. Mix together flour
2. salt
3. and pepper in a shallow bowl. Whisk beaten eggs
4. sugar
5. and Parmesan cheese in another bowl until the mixture is thoroughly blended and the sugar has dissolved. Heat olive oil in a large skillet over medium heat until the oil shimmers. Dip chicken breasts into the flour mixture
6. then into the egg mixture
7. and gently lay them into the skillet. Pan-fry chicken breasts until golden brown and no longer pink in the middle
8. about 6 minutes on each side. Remove from the skillet and set aside. In the same skillet over medium-low heat
9. melt butter
10. and stir in garlic. Add sherry
11. lemon juice
12. and chicken base. Bring the sauce to a simmer
13. and stir until smooth and slightly thickened
14. about 5 minutes. Be sure to dissolve any brown flavor bits from the bottom of the skillet as you stir. Return chicken breasts to the sauce
15. and gently simmer for about 15 minutes. To serve
16. place a chicken breast on a plate
17. and top with sauce.