

Crusting chicken – basic recipe

Makes 4 pieces. Total time: about 1 hour

2 boneless skinless chicken breast halves (6-8 oz each), sliced in half.

Dipping mixture:

2 egg whites

2 tsp cornstarch

Juice of ½ a lemon

Crusting Mixture:

1 cup coarse dry bread crumbs

1 tbsp chopped fresh parsley

1 tsp kosher salt

¼ tsp black pepper

Minced zest of 1 lemon

3 tbsp olive oil

Preheat oven to 450 degrees F. Pound chicken breasts to an even 1/3 inch thick.. Blend egg whites, cornstarch and lemon juice in a wide, shallow dish.

Combine bread crumbs, parsley, salt, pepper, and zest in a second wide, shallow dish. Dip chicken in egg whites, then into crust mixture. Let chicken rest on a rack in the refrigerator 20-30 minutes to set crust.

Sauté chicken in oil in a large nonstick ovenproof skillet over medium-high heat until chicken is golden brown and crisp, about 3 minutes. Carefully turn with a spatula, and transfer the skillet to the oven to finish cooking. Roast chicken just until done, about 8 minutes more.

Courtesy of Cuisine at Home magazine