Chicken Schnitzel

Quick · Serves 4

Ken's note: TBD

Chicken breasts pounded thin, breaded, and pan-fried until golden. Serve with lemon, or with German Hunter's Sauce (Jägersoße, in Sauces). German potato salad is the usual side.

Ingredients

- 4 boneless, skinless chicken breasts
- Salt and black pepper
- ½ cup flour
- 2 eggs, beaten
- 1 cup breadcrumbs or panko
- 1 tsp garlic powder (optional)
- Canola or vegetable oil, for frying
- Lemon wedges and chopped parsley

Method

1. Pound the chicken between plastic wrap to about ¼ inch. Season both sides with salt and pepper.
2. Set up three bowls: flour, egg, and breadcrumbs (mixed with the garlic powder). Coat each piece in flour, then egg, then crumbs, shaking off the excess.
3. Heat about ¼ inch of oil in a large skillet over medium-high heat. Fry in batches, without crowding, about 3 minutes per side, until golden and cooked through. Keep warm on a wire rack over a baking sheet in a low oven. Serve with lemon and parsley.

Notes

Tip. for fewer carbs, use finely crushed plain pork rinds in place of the breadcrumbs (pulse in a food processor). They brown fast, so fry a little more gently.