

Italian-American

Main Courses

Bright Lemon Caper Butter Chicken Piccata

⌚ Prep: 10m

🔥 Cook: 15m

Σ Total: 25m

🍽️ 4 servings



Video ref: Sip and Feast (Jim Mumford)

MISE EN PLACE / INGREDIENTS [11]

- ☐ 2 large (1.5 lbs) Large boneless skinless chicken breasts, halved horizontally and pounded to 1/4-inch
- ☐ 0.5 cup All-purpose flour for dredging
- ☐ 2 tbsp Extra-virgin olive oil
- ☐ 0.5 cup Crisp dry white wine (Pinot Grigio or Sauvignon Blanc)
- ☐ 0.75 cup Low-sodium chicken stock
- ☐ 0.25 cup Freshly squeezed lemon juice plus thin lemon slices
- ☐ 3 tbsp Brined nonpareil capers, rinsed and drained (Nonpareil Capers)
- ☐ 4 tbsp Cold unsalted butter, cubed, divided
- ☐ 0.25 cup Fresh Italian flat-leaf parsley, finely chopped
- ☐ 1 tsp Kosher salt
- ☐ 0.5 tsp Freshly ground black pepper

US SUPERMARKET BRAND GUIDE

Nonpareil Capers: Cento or Mezzetta Nonpareil Capers
Small, tight flower buds that pack concentrated herbal, briny pop without mushiness. • 📍 Pickle / Olive aisle.

COOKING SEQUENCE & CHECKPOINTS

- 1

Pound & Flour Dredge

⌚ 5 min

Pound cutlets to 1/4-inch thickness. Season evenly with kosher salt and black pepper, then dredge through the flour, shaking off excess thoroughly.
✓ Checkpoint: Lightly dusted, dry chicken cutlets.
- 2

Quick Sauté in Skillet

⌚ 6 min

Heat the 2 tbsp olive oil and 1 tbsp of the butter over medium-high heat. Sear cutlets for 2 to 3 minutes per side until light golden. Transfer to a warm plate.
✓ Checkpoint: Light golden seared chicken cutlets.
- 3

Deglaze & Reduce Pan Sauce

⌚ 6 min

Pour white wine into pan, scraping up browned bits for 2 minutes. Pour in chicken stock, lemon juice, and capers; boil for 4 minutes until reduced by half.
✓ Checkpoint: Concentrated, tart, aromatic pan reduction.
- 4

Swirl Cold Butter & Glaze

⌚ 3 min

Pull skillet off the heat. Whisk in the remaining 3 tbsp cold butter cubes until the sauce turns glossy and opaque. Return chicken to warm for 1 minute (reaching 165°F / 74°C); garnish with chopped parsley and lemon slices.
✓ Checkpoint: Velvety, glowing lemon caper sauce glazing chicken.

🛡️ FOOD SAFETY & INTERNAL TEMPERATURE: 165°F (74°C) MANDATORY USDA SAFE MINIMUM INTERNAL TEMPERATURE FOR ALL POULTRY

USDA Poultry Safety Minimum (≥165°F / 74°C): Chicken breast must reach a verified internal temperature of 165°F (74°C) in the thickest part to eliminate Salmonella. Pull promptly at 165°F (74°C) to keep lean white meat moist and tender.

👁️ MASTER DONENESS CHECKPOINT:

Tender, juicy cutlets draped in a lustrous, translucent golden-yellow lemon-butter sauce studded with capers and fresh parsley.

🔬 WHY IT WORKS:

Monter au Beurre Emulsion: Swirling cold cubes of butter into the hot reduced acidic liquid off the flame creates a creamy, stable emulsion that coats the cutlets without heavy starch.

⚠️ TROUBLESHOOTING:

The sauce broke into yellow grease and cloudy water: Always remove the skillet from direct heat before whisking in cold butter cubes.