



Smashed Chicken Scallopine

This recipe has been the mainstay of my kitchen through the years. You dip them into beaten egg white and press both sides into bread crumbs, either homemade or straight from the panko box. After shallow frying in no more than 1/2-inch of oil in a cast iron, non-stick, or your favorite skillet, these golden chicken cutlets are ready to serve with a fabulous salad of tomatoes and arugula on top. Leftovers—should you be so fortunate to have them—go onto tomorrow's sandwiches or turn into a quickie chicken Parm with the addition of pasta sauce, Parmesan, and mozzarella, plus a little time in a hot oven.

Makes 4 to 6 servings

Prep: 10 to 15 minutes

Cook: 4 minutes

4 boneless, skinless chicken breast halves

1 egg white

1 cup panko bread crumbs

Salt and freshly ground black pepper to taste

1 large clove garlic, pressed

2 tablespoons grated Parmesan

Pinch dried oregano, if desired

1 cup vegetable oil, for frying

Salad topping:

2 cups arugula leaves

1 cup chopped fresh tomatoes

1/4 cup shaved Parmesan

Pinch of lemon zest

Good olive oil for drizzling

Kosher salt and freshly ground pepper to taste

1. Place each boneless chicken breast in a gallon-size zipper-lock bag. Pound to 1/4-inch thickness using a meat pounder or heavy rolling pin. Place in the fridge.
2. Place the egg white in a glass pie plate or wide, shallow dish and beat lightly with a fork. Place the panko, salt and pepper, garlic, Parmesan and oregano, if desired, in a wide, shallow bowl or pie pan.
3. Place the oil in the skillet over medium-high heat.
4. Remove the chicken from the fridge. Dip the chicken on both sides in the egg white. Press the chicken into the crumbs to coat both sides. When the oil is hot, slide one cutlet at a time into the hot oil and fry until golden, about 2 minutes, then turn with tongs to the other side and brown for 2 minutes. Remove to a platter to keep warm. Repeat with the remaining chicken, straining the dried bread crumb bits from the oil between batches.
5. To serve, top each chicken cutlet with a little arugula, chopped fresh tomatoes, Parmesan shavings, lemon zest, olive oil, and salt and pepper to taste