

Chicken "Saltimbocca"

yield: 2 servings | perfect side: Quinoa

- ❑ 4 thin-cut chicken cutlets or ¼" thin sliced chicken breast, (cut on bias/diagonal against the grain) or use veal "scallopini"
- ❑ ¼ cup unbleached all-purpose flour
- ❑ 1 tsp. fresh ground black pepper
- ❑ 2 tbsp. minced fresh sage leaves + 4 large leaves (optional)
- ❑ Very thin slices of Italian-Style Prosciutto to match the chicken pieces (2-3 oz)
- ❑ 1.5 tbsp. Olive Oil
- ❑ ¾ cup very dry white wine
- ❑ 2 tsp freshly squeezed lemon juice
- ❑ 4 tbsp ICECOLD butter (best from the freezer)
- ❑ 1 tbsp fresh parsley leaves
- ❑ Salt + pepper to taste



Prepare the meat and pat dry. Mix flour and black pepper in a shallow dish. Dredge meat in flour, shaking off any excess. Lay each cutlet flat and sprinkle evenly with minced sage. Place prosciutto slice on top of each cutlet, pressing gently to adhere, or use tooth picks. Set aside.

Pre-heat the teppanyaki on 5, then set to 7 and wait until the orange light is off.

Spread out the olive oil over the cooking center with a spatula and cook the sage leaves (if using) until they begin to change color and are fragrant, about 15 to 20 seconds. Remove the leaves to a paper towel and set aside (leaves are optional).

Add cutlets – prosciutto side down – and cook until light golden brown, 2 to 3 minutes. Carefully flip, cook other side about 1 to 2 minutes. Transfer to outer warming area and start preparing the sauce.

Soak up excess oil and deglaze with wine. Stir and incorporate any browned bits. Simmer until reduced while stirring, about 3 to 4 minutes.

Stir in lemon juice. Reduce heat to 1 and whisk in the butter, 1 tbs at a time. Stir in parsley and season with salt and pepper. Spoon sauce over cutlets, add reserved sage leaf and serve.

Note:

If making more than 2 servings brown cutlets in two sequences. If you overcrowd the cooking center they will cook instead of brown.

TIP: For a taste twist try the sauce with Marsala (Italian dessert wine) or dry Vermouth