Pollo Piccata

Pollo piccata is a quick chicken-cutlet preparation with lemon pan sauce. This version keeps the sauce light, with a small amount of capers and a fresh parsley finish.

SERVES 4	PREP 15 min	COOK 20 min	EXTRA 0 min



Ingredients

- 1 1/4 lb (570 g) boneless skinless chicken breast, sliced into 4 thin cutlets
- 3 tbsp (24 g) all-purpose flour
- 1/2 tsp fine salt
- 1/4 tsp black pepper
- 2 tbsp (30 ml) olive oil
- 1 small shallot, finely minced
- 3/4 cup (180 ml) low-sodium chicken broth
- 2 tbsp (30 ml) lemon juice
- 1 tbsp drained capers
- 1 tbsp (14 g) unsalted butter
- 2 tbsp chopped parsley

Method

1. Pound cutlets to an even 1/4-inch (6 mm) thickness. Season, coat lightly with flour and shake off excess.

2. Heat oil in a large skillet over medium-high heat. Cook chicken in batches about 2 to 3 minutes per side, checking each for 165°F (74°C). Transfer to a clean plate.

3. Lower heat to medium. Cook shallot for 2 minutes, adding a teaspoon of the measured broth if the pan looks dry. Add the rest of the broth and scrape the base. Simmer for 3 minutes.

4. Stir in lemon juice and capers. Remove from heat and swirl in butter.

5. Coat chicken briefly in the sauce and sprinkle with parsley.

Doneness & safe handling

Cook each chicken portion to at least 165°F (74°C), measuring in the thickest meat without touching bone. Check several large diced pieces when applicable. Casseroles and reheated leftovers also need 165°F (74°C). Timing and surface color do not replace a food thermometer.

Cook’s notes

Mince the shallot finely so it softens quickly.

Common mistake

Do not let shallot burn in a hot dry skillet after searing.

Variations

Olive: Replace capers with finely chopped green olives. Herb: Use half parsley and half basil. Vegetable: Add 1 cup drained artichoke quarters with the broth.

Serving

Serve 1 cutlet per person, spooning shallot-lemon sauce over each. Optional sides are prepared separately.

Storage

Refrigerate promptly in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Do not leave a large batch on the counter to cool completely.

Freezing

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator.

Reheating

Reheat covered on the stovetop or in a microwave with a splash of water or broth, turning or stirring for even heating. Check several thickest portions for 165°F (74°C). Do not reheat chilled leftovers in a slow cooker.

Quick questions

What does pollo piccata mean? It refers to chicken prepared in a piccata-style pan sauce, commonly with lemon.

Can I use thighs? Yes. Open boneless thighs flat, allow longer cooking and check the thickest parts for 165°F (74°C).

Can I skip the flour? Yes. The chicken will brown differently and the sauce will be thinner.

Recipe references: Food Network - Giada De Laurentiis Chicken Piccata, cutlet and pan-sauce technique • https://www.foodnetwork.com/recipes/giada-de-laurentiis/chicken-piccata-recipe2-1913809
USDA FSIS - Safe Minimum Internal Temperature Chart • https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart
USDA FSIS - Leftovers and Food Safety • https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety