

Grossy's Chicken Cutlets



What You'll Need:

- 3 lbs boneless skinless thin cut chicken breasts*
- 1 cup flour**
- 2 eggs
- 2 tablespoons spicy brown mustard
- 1 cup plain panko***
- ½ cup grated parmesan cheese
- Zest of 1 lemon
- Salt
- Pepper
- Olive oil, or other neutral frying oil

What You'll Do:

1. Grab two small trays or plates and two medium bowls. We are going to get set up for coating our cutlets before we fry them. I like to coat them all in one pass, as the process sort of kidnaps your hands so you might as well just get it over with at once.
2. Place your cutlets in one tray. In one bowl, add one cup flour. In the other bowl, add 2 eggs and 2 tablespoons spicy brown mustard. Whisk to combine. In the other tray, add 1 cup plain panko, 1/2 cup grated parmesan cheese, the zest of 1 lemon, salt and pepper. Use your hands to combine.
3. Lay trays and bowls out on your countertop and get started coating your cutlets. This is the order in which we coat our cutlets: flour, egg, panko
4. The desire to perfectly coat each cutlet and to not make a mess while doing it should be abandoned immediately—perfection doesn't taste good! As you coat each cutlet, place them on a tray.
5. Grab your largest frying pan and fill it with your oil (about 1/4 of an inch deep). Place the oil over medium heat for a few minutes to get it ready for frying. Grab a pair of tongs if you have them—they'll help you handle the cutlets as you fry.
6. Cover the bottom of a baking sheet with paper towels on which to place your cutlets as they come out of the pan.

7. Place your cutlets in the hot oil (do not crowd pan) and let them fry on each side for about 4-5 minutes. Be sure to move your cutlets around in your pan as there will be hot spots, and we want cutlets to cook evenly!
8. Flip your cutlets and fry for another 4-5 minutes until golden brown. On your first round of cutlets, take a knife to a cutlet to make sure they are cooked through, note your timing, and adjust for the next rounds.
9. You can keep your cutlets warm in a 200° oven during and after your fry. Just be careful not to dry them out!
10. Your finished cutlets are delicious with either with a squeeze of lemon or some sea salt on top. They can also serve as the base for an amazing chicken parmigiana. Cover them with Grossy's Marinara and slices of mozzarella cheese and broil until nice and melty.
11. Serve your cutlets either freshly hot or at room temperature (room temperature cutlets make an amazing sandwich with any and all toppings you can think of!).
12. Enjoy!

Recipe Notes:

* You can cut your meat into tenders (strips) and nuggets as well. All are very delightful.

** Any flour will work, including gluten-free flours.

***Gluten free panko works! So do breadcrumbs. I just prefer panko.