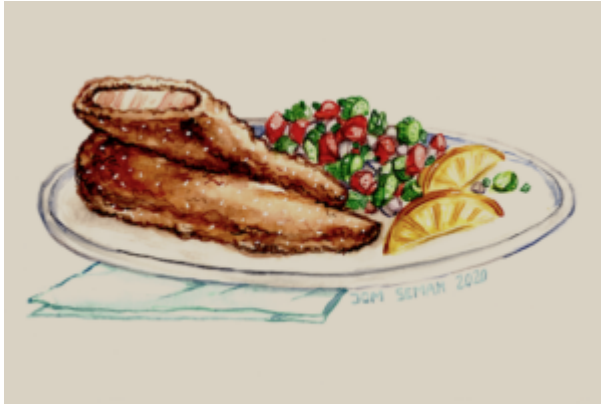


The Art Of Cooking - Chicken Schnitzel Recipe



The Schnitzel has been brought by the European Jews to Israel, and currently everyone enjoys it!

I visited many households in Israel, and at any time of the day or night one can enjoys a Chicken Schnitzel. The Israeli version of Schnitzel is recognizable because of the white sesame seeds which cover the meat.

True, it might not be the most exciting or unique dish out there, and yet, it is definitely a staple in Israel when compared to the hummus.

Ingredients:

2 to 4 chicken breasts depending on how much you want to make (one can substitute the chicken breasts with chicken thighs for a more juicy fatty version)

flour

2 or 3 eggs

breadcrumbs (panko breadcrumbs are nice for a pleasant crisp)

salt & pepper

paprika powder

sesame seeds

cayenne pepper (if you want it a bit more spicy)

lemon wedges

Preparing the chicken:

First, you should cut the chicken into thin flat slices; you can use a butterfly cutting technique to make them bigger and flatter.

When the flat pieces of chicken are ready, place them in between two sheets of plastic and with a mallet or a hammer give them a good pounding until they are even and flat – you should focus mainly on the thicker parts.

Next, you should prepare three bowls, fill the first bowl with flour, and in the second bowl place two eggs or three eggs and beat them.

As to the third bowl, you should fill it with bread crumbs, add sesame seeds, salt, pepper, and paprika – optionally, you can use cayenne pepper – mix all the ingredients together.

Now, season lightly the chicken with salt and pepper, dredge chicken in flour until the surface is completely covered and shake off the excess flour.

Next, dip the chicken in beaten eggs mixture and then roll it through the breadcrumbs to coat, and make sure the chicken is completely covered and then lightly shake off the excess breadcrumbs.

Repeat the process until all the chicken pieces are done.

Cook the chicken:

Add a healthy layer of cooking oil to a hot skillet, make sure it is not too hot, after all, you do not want the oil to be smoking.

Softly place the pieces of chicken into the hot oil.

Fry the schnitzels for 2 or 3 minutes on each side, until golden brown.

After frying the schnitzel, let it rest on paper towels for a couple of seconds.

Chicken Schnitzel is a perfect dish for lunches, or in the evening!

Very enjoyable with a simple Israeli salad, and some pita bread with Hummus.

Serve with lemon wedges – remember, the squeeze lemon adds so much flavor to the schnitzel.