Crispy pan fried chicken cutlets

Crispy pan fried chicken cutlets

These crispy breaded chicken cutlet recipe are pan fried and they were a staple in my childhood growing up and in many Italian kitchens. They ae juicy, crispy delicious and so easy to make.

Serve the cutlets along side a salad for a light lunch or dinner. Growing up chicken cutlets were a stable on Sundays, along with Sunday sauce (primo) the cutlets were part of the second course (secondo piatti)

It’s a great chicken recipe that can made ahead of time and fried when your ready to serve, it is also freezer friendly.

Tips for better crispy pan fried chicken cutlets

1. Slice the chicken breast in half and pound thin this allows for quick cooking and tenderizes the chicken.
2. Season both the chicken and the breadcrumbs

2. Adding water to the egg wash makes it the ideal for breading.

3. Refrigerating the chicken breast for at least 30 minutes after breading it helps the breadcrumbs stay on the chicken.

4. Use the right frying oil. I use a canola olive oil blend. If you would like a lighter version try my oven fried lemon

chicken cutlets they are so good or my easy crispy oven fried chicken bites

Ingredients

- 1 1/2 lb. skinless boneless chicken breast
- 4 cups canola olive oil blend for frying
- 1 lemon
- 2 cups breadcrumbs
- 1 cup grated parmesan cheese
- 2 Tbsp chopped Italian parsley
- 2 eggs slightly beaten
- 2 Tbsp. water
- Salt and pepper to taste
- Lemon slices for serving

Instructions

1. Start my pounding the chicken breast thin in-between two pieces of plastic wrap until thin and the same thickens
2. In a bowl drizzle the chicken with lemon juice from one lemon salt and pepper to taste.
3. Meanwhile in a bowl add the eggs and water wisk slightly. In another bowl combine the breadcrumbs, parmesan cheese, lemon zest and Italian parsley.
4. Coat the chicken breast first in the eggs then in the breadcrumb mixture well coating on all sides
5. Over medium high heat bring the oil to medium. Begin frying the chicken in batches until golden brown on all sides. About 3 minutes per side.
6. Drain on paper towels, sprinkle with additional Italian parsley serve with lemon slices and Enjoy!!!!