

Chicken Escalope Recipe (breaded chicken)

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Description

Escalopes (also spelt as escallopes) are pieces of boneless meat which have been thinned out using a mallet, rolling pin or cut very thin. By thinning out the meat, it cooks quicker, which is helpful when preparing fast meals. Common types of meat to be used in this process are: veal, pork, salmon, steak or chicken. Today, escalopes are usually associated to any of the "white" meats (veal, pork, chicken or turkey), but it can be associated to the "red" meats (beef or wild game). Also, "Escalope" has even crossed into seafood recipes, such as "salmon escalope with a sorrel sauce

Recipe

2 boneless skinless chicken breasts

1 cup flour

1 cup whole milk or half and half

1 egg

2 cups blended corn flakes

1/2 tsp paprika

1/2 tsp parsley

1/2 tsp garlic powder

1/2 tsp black pepper

1/2 tsp salt

nonstick spray

Cut the chick into 1/4 inch thick pieces and season them with salt and pepper. Spray a baking sheet with nonstick spray. Preheat the oven to 350 degrees. Beat the egg and milk in a shallow bowl. Mix the corn flakes with the paprika, parsley, garlic, pepper, and salt and place in a shallow bowl. Place the flour in a shallow bowl. Drench the chicken in the flour then remove and then drench in the milk then remove and drench in the corn flake mix. Place the chicken on the baking sheet and place in the oven. Cook for 8 minutes then turn over and cook for another 5 minutes. Serve with a white sauce or a red sauce or condiments.