



COOKING WITH SAFTA

CATEGORY

Main

SCHNITZEL

INGREDIENTS

Boneless chicken breast
2 eggs
flour
breadcrumbs
vegetable oil, salt, pepper

SAFTA's SECRETS

After you eat the Schnitzel with or without the Tomato sauce let it cool in the oven proof plate, place it in the refrigerator and cover it with tin foil so it will not dry up.



PREPARATION

Thin slice 2-3 boneless chicken breasts. Prepare one plate with flour and another plate with breadcrumbs. Whisk 2 eggs in a small bowl. Season the chicken breast slices with salt and black pepper. In a frying pan cover the bottom with oil. Dip each slice of chicken first in the flour then egg and then breadcrumbs and fry it in the hot oil. Place the fried chicken breasts in an oven proof dish. In the same frying pan sauté' diced onions add 1 tbs of flour, cook it until it is brown (this is called rue) add the tomato sauce, salt and pepper. Mix it altogether and pour it over the chicken breasts. Bake at 350 for 20 minutes. If you do not have tomato sauce use tomato paste and a cup or two of water, salt and pepper and cook it with the flour and then pour it on the chicken breast.

BON APPETITE!

