

Cooking Live

with Gosia

Panierowane Kotlety z Kurczaka

(Breaded Chicken Breast Cutlets)

Ingredients:

2 Boneless Chicken Breasts (makes 4 cutlets)

2 Eggs

Bread Crumbs (any kind - we use Panko)

Salt & Pepper to Taste

Cooking Oil

Steps:

1. Rinse and dry the chicken breasts, trim fat, place each chicken breast flat on a cutting board and cut it in half parallel with the counter top (like cutting a hamburger roll in half) so each breast is now two thinner breast pieces. Then cover each piece with plastic wrap and use a meat mallet to pound it to about 1/4 inch thickness. Sprinkle each piece with salt and pepper.
2. In a frying pan, heat cooking oil over medium/medium-high heat.
3. While the oil is heating, on a plate gently scramble the eggs with a fork. On a second plate sprinkle bread crumbs.
4. One at a time, dip each chicken breast cutlet in the egg to coat it, then place it into the bread crumbs, gently pressing to coat both sides.
5. Carefully place the breaded cutlets, one or two at a time, into the heated cooking oil. Be sure to place the cutlets into the pan by laying them away from you so as not to splash oil onto you. Adjust the heat as needed so the cutlets do not burn.
6. When the cutlets are golden brown, turn them to cook on the other side. Total cook time will vary but should be approximately 5 minutes total for each cutlet.
7. Remove the cooked cutlets, placing them onto a plate with paper towels to drain excess oil.

Serve with your choice of sides*

*For a traditional Polish household dinner, serve with a side of mashed potatoes topped with fresh chopped dill, and a side of steamed vegetables, such as green beans or cauliflower, topped with Panko bread crumbs that have been toasted golden brown in butter.

Courtesy of



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