



Sautéed Chicken Breasts with Lemon Caper Sauce from Chef Eric Crowley

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Here is another delectable dish from Chef Eric Crowley of [Culinary Classroom](#). These recipes were shared with me in time for Valentine's Day, but let's be honest. Who wouldn't want his yummy recipes year round?

Sautéed Chicken Breasts with Lemon Caper Sauce

Yield: 4 Servings

- Chicken breasts, boneless, 4 each
- Butter, 2 Tablespoons
- Parsley, chopped, 1/4 cup
- Lemon juice, 2 Tablespoons
- Water or stock, 2 Tablespoons
- Capers, drained, 2 Tablespoons
- Pepper, ground, to taste
- Sour cream or Crème Fraiche, 1/2 cup
- Salt, to taste

Method:

1. Melt the butter in a sauté pan over medium heat. When the butter is hot, season the chicken well with salt and pepper and place it skin side down. Sauté for 4-5 minutes and turn the

breasts over. Continue to sauté until the juices from the chicken run clear, about 8-10 minutes total.

2. When the chicken is done, remove it from the heat and keep the chicken in a warm place. Pour off the fat from the pan and deglaze it over high heat by adding the lemon juice, capers, stock. Add the parsley and let the liquids cook for a minute or so.
3. Take the pan off the heat and stir in the sour cream. Season the sauce to taste with salt and pepper. If the sauce is a little thick, thin it with water or stock. Pour over the chicken and serve with roasted shallot potatoes.

Posted by Shake Your Bon Bons at 2:34 PM