

Chicken Jaegerschnitzel

Serves 4

Serve with steamed fresh sugar snap peas or green beans.

The chicken

- 2 eggs
- 1¼ cups breadcrumbs
- 1¼ pounds boneless skinless chicken breasts
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- Vegetable oil for frying

The sauce

- 1 piece bacon, diced (optional)
- 1 cup finely diced yellow onion
- 6 ounces fresh shiitake mushrooms, stemmed and sliced
- 6 ounces cremini or white mushrooms, sliced (halved first if large)
- ¼ teaspoon dried thyme
- ¼ teaspoon paprika
- ¼ cup red wine
- 1 tablespoon tomato paste
- 2 tablespoons sour cream

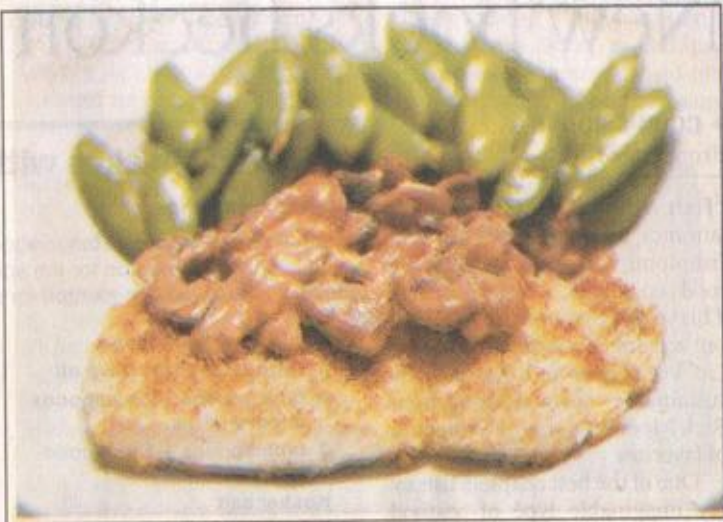
For the chicken: Preheat the oven to 375°. Place the eggs in a shallow bowl and beat, then place the breadcrumbs in another shallow dish.

If large, cut the chicken pieces in half. Pound each piece to about ½-inch thick with a meat pounder, or just a heavy saucepan or a rolling pin wrapped in plastic.

Season well with salt and pepper to taste, then dip each piece in the egg, then in the breadcrumbs and pat to coat.

Heat enough oil to cover the bottom of a large skillet, about 2 tablespoons, over medium or medium-high heat. When the oil is very hot but not smoking, add the chicken without crowding (you might have to fry them in batches). Cook until browned, about 2-3 minutes per side.

Place cutlets on a baking pan and bake until completely cooked through, 5-10 minutes.



JOHN LEE / *Special to The Chronicle*; styled by TARA DUGGAN

For the sauce: Meanwhile, saute bacon in a large nonstick frying pan over medium heat until fat renders, about 2 minutes. (If not using bacon, add a few teaspoons of vegetable or olive oil.) Add onion and saute until tender, 8 minutes. Add the mushrooms and thyme and stir-fry until the liquid releases, 5 minutes. Add the paprika, wine, tomato paste and ½ to 1 cup water. Bring to a

boil, then reduce to a simmer and cook until the liquid reduces to a sauce, about 5 minutes. Remove from the heat, stir in the sour cream, season to taste with salt and pepper and serve the sauce over the chicken.

Per serving: 345 calories, 35 g protein, 17 g carbohydrate, 14 g fat (3 g saturated), 135 mg cholesterol, 201 mg sodium, 3 g fiber.