



Savoir Pair

Chicken Schnitzel with Baby Arugula Salad and Shaved Parmesan (serves 4)

1 cup all-purpose flour

Kosher salt, freshly ground pepper, garlic powder, and onion powder

2 large eggs

1 ½ cups seasoned dry breadcrumbs or panko

2 large skinless boneless chicken breasts, cut in half horizontally to make thin filets, or 4 chicken filets (can pound thin for uniformity too)

Unsalted butter

Olive Oil

Champagne vinegar

6 oz baby arugula

Parmesan cheese

Maldon Salt

1. Combine the flour, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, and $\frac{1}{2}$ teaspoon each garlic and onion powder in a wide shallow bowl or on a dinner plate. In a second bowl/plate, beat the eggs with 1 tablespoon of water, add $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, and $\frac{1}{4}$ teaspoons each garlic and onion powder. In a third bowl/plate, combine the breadcrumbs or panko, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, and $\frac{1}{2}$ teaspoon each garlic and onion powder, and set aside.
2. Salt and pepper the chicken breasts, coat the chicken breasts on both sides with the prepared flour mixture, then dip both sides into the egg mixture, and dredge both sides in the bread-crumb mixture, pressing lightly.
3. Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large sauté pan and cook 2 or 3 chicken breasts on medium heat for 4-5 minutes on each side, until cooked through. Add more butter and oil and cook the rest of the chicken breasts. Don't crowd the pan for the crispiest breasts.

4. Place the baby arugula in a large bowl. In a 1-cup glass measure, whisk together the 1/4 cup champagne vinegar, 1/2 cup olive oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Pour enough dressing on the arugula to moisten. Toss well.
5. Pile some arugula on top of each hot chicken breast. With a vegetable peeler, shave the Parmesan cheese into large shards and arrange them on top of the arugula. Top with flakey sea salt such as Maldon.

Tonight's Wine Pairing: approximately \$23 VieVite Rose 2022, widely available

[VieVite Cotes de Provence Rose 2022 \(750 ml\) \(buywinesonline.com\)](#)

Other favorites:

Le Creuset Cast Iron Round Oven 4 ½ Quart

[Le Creuset Signature Enameled Cast Iron Round Oven | Williams Sonoma \(williams-sonoma.com\)](#)