

Chicken Schnitzel

(Israel)

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A popular dish throughout Israel, Chicken Schnitzel is a simple budget-friendly dish to prepare. Chicken Schnitzel is a dish that uses a very thin boneless cutlet of chicken. The chicken is breaded and then pan-fried. Schnitzels also come in a variety of forms across different countries but the recipe remains almost the same. Originally brought from Europe (Germany, Austria) to Israel by Ashkenazi Jews, Schnitzel instantly became a hit. This method of cooking dates as far back as the 1st century BC.

Ingredients:

4 - ounce skinless, boneless chicken breasts, pounded to 1/8-inch thickness
2 large eggs
2 cups (or more) Panko breadcrumbs
Olive oil, Canola oil or any high heat cooking oil to saute

Instructions:

Place two eggs in a plate or bowl, mix the eggs until yolk and white have mixed.

On a separate plate, put the bread crumbs.

Take the cut, boneless chicken and coat it evenly with the eggs. Then coat it with the Panko breadcrumbs, pressing Panko gently to adhere to the chicken.

Pour the oil into a pan, heat the oil, add the coated chicken strips to the pan and cook until golden-brown on both sides and then serve.

Tip: Goes well with lemon and garnished parsley.