

Scaloppine di pollo

Chicken escalopes in a sage cream sauce

Serves 4

Ingredients

- **500 g** chicken breast
- **3 tbsp** plain flour
- salt and black pepper
- olive oil and butter
- ½ onion, finely chopped
- **1 clove** garlic
- dash of Marsala or white wine
- **50 ml** chicken stock
- **1 tbsp** crème fraîche
- **100 ml** cream
- **100 ml** milk
- **1 bunch** fresh sage

Method

CHICKEN

1. Cut the chicken into pieces of about 30 g.
2. Place them between two layers of cling film and gently flatten to 1 cm thick.
3. Season the flour with salt and pepper. Dredge the chicken in it and tap off the excess.
4. Heat 3 tbsp olive oil with a knob of butter in a casserole. Fry the scaloppine until golden brown and place them in an ovenproof dish.

SAUCE

5. Preheat the oven to 150 °C.
6. Fry the onion with the crushed garlic in the same pan and deglaze with a dash of Marsala or white wine.
7. Add the chicken stock, followed by the crème fraîche, milk, cream and finely chopped sage.
8. Pour the sauce over the chicken, put the dish in the oven and leave until the sauce is bubbling.
9. Season with salt and pepper.

EQUIPMENT

Knife, chopping board, cling film, meat mallet or saucepan, shallow dish, casserole, garlic press, ovenproof dish