


# CHEF DEBBIE'S CHICKEN FRENCH

LEGACY<sup>®</sup>  
AT FAIRWAYS

 A WATERMARK RETIREMENT COMMUNITY

SERVES 4

4 (5) oz boneless skinless  
chicken breasts  
6 eggs, whisked  
1 cup flour  
1 Tbsp granulated garlic  
1 Tsp salt

1 Tsp black pepper  
1 Tbsp granulated onion  
1 cup lemon juice  
1 quart sherry  
2 cups water

2 Tbsp chicken base  
1/2 cup parmesan cheese, grated  
1/4 cup cornstarch  
Chopped parsley  
Canola oil

**Cornstarch Roux** – Mix 1/4 cup of cornstarch with enough cold water to dissolve it. Mix the flour with the salt, pepper, garlic and onion, heat canola oil in frying pan about 1/2 inch deep. Pound your chicken thin, dredge in the seasoned flour and then into the whisked eggs. Add the chicken to the hot oil and cook to a golden brown on both sides, remove from oil and place on a paper towel before laying out in a baking pan.

**Sauce** – Combine the sherry, chicken base and water, allow to boil for 20 minutes, then thicken with the Roux. After laying the chicken out in the baking pan pour the lemon juice over the chicken and then the sauce. Top with Parmesan cheese and bake until chicken reaches internal temperature of 165 degrees. Be sure to spoon the sauce over the chicken when plating and top with chopped parsley.

