

Chicken

Chicken Cutlets

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1 pound ground chicken breasts
1 slice good quality old bread, crumbled
1 teaspoon ground coriander seeds (optional but preferred)
1 small onion, diced to 1/8-inch
1 clove garlic, minced
1 teaspoon fresh ginger, grated
1 tablespoon onion, grated
1 tablespoon fresh mint or cilantro (or both), chopped
salt to taste
generous grindings fresh black pepper
1 tablespoon Worcestershire sauce
1 egg, beaten until smooth
dry bread crumbs (plain or Italian style)

Take the ground chicken and crumble into a stainless steel bowl.

In a separate bowl, toss to blend the fresh bread crumbs with the ground coriander.

Mix in the diced onion, garlic, ginger, grated onion, chopped mint, salt and pepper with the bread crumbs.

Mix the fresh bread crumbs with the ground chicken, lightly but thoroughly, adding the Worcestershire sauce. Mix in enough beaten egg to make things hold together, about half an egg or more.

Divide the mixture into 8 or 10 balls on a large plate or tray. Oil your hands and work each ball into a flat, teardrop-shaped patty about a quarter-inch thick. Dip the patties into egg wash and dredge with the dry bread crumbs spread thinly on a sheet of wax paper (opened up cereal boxes are ideal for this).

Turn the cutlet with a scraper and gently press the crumbs on both sides. Adjust the teardrop shape, which actually gives the cutlet its name. (Here, it is best to borrow another set of clean hands, preferably belonging to your significant other, but older children will do.)

As you shape and crumb the cutlets, place them on a lightly oiled tray (or one lined with the same wax paper). If you have more cutlets than will comfortably fit on a single tray, lay a second deck with wax paper separating the two.

Tray freeze the cutlets until solidly frozen, then pack the cutlets in freezer bags. You can saute' the cutlets, in a small amount of oil with a pat of butter before freezing, but saute'ing later keeps the taste fresher.

The cutlets can be prepared as needed in about two tablespoons of olive oil/butter mixture and cooked until golden brown.

Per Serving (excluding unknown items): 137 Calories; 5g Fat (33.7% calories from fat); 8g Protein; 15g Carbohydrate; 2g Dietary Fiber; 212mg Cholesterol; 221mg Sodium. Exchanges: 1 Lean Meat; 2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.