

Chicken or Turkey Schnitzel

Prep time: 30mins

Serves: 4-5

Pari's Note:

Another Jewish 'twist' on food!



2 lbs skinless chicken or turkey breasts
or cutlets

3 eggs beaten with salt & pepper

flour as needed

1-2 tablespoons sesame seeds

1 cup bread crumbs

oil for frying

Pound breasts to flat to 1/4" (can cut into smaller pieces). Take three dinner plates: fill the first with flour, the second with the-beaten eggs, the third with bread crumbs mixed with sesame seeds. Dip both sides of a slice of breast into flour, then into egg, and last, into the bread crumb/sesame seed mixture.

In large skillet, pour oil one inch deep and heat to 375 degrees. Turn down to medium, then fry schnitzels until meat is cooked and coating is brown, about 2-3 minutes on each side. Keep warm.

Serve with a lemon wedge.