



### **PECAN AND PANKO CHICKEN CUTLETS WITH PECAN CREAM GRAVY**

4 chicken cutlets  
All-purpose flour  
1 egg whisked with a splash of milk  
2 handfuls of pecans, ground (grind in blender or food processor)  
2 handfuls of panko breadcrumbs  
Salt and pepper  
Canola oil

#### For the gravy:

2 Tablespoons of drippings and oil from the cooked chicken  
2 Tablespoons flour  
 $\frac{3}{4}$  cup chicken stock  
 $\frac{3}{4}$  cup milk  
Salt and pepper to taste  
2 handfuls of pecans, coarsely chopped

Put about  $\frac{1}{2}$  inch of oil in a skillet and heat over medium high heat. Get out three bowls and set up an assembly line: in one bowl, put some all-purpose flour, in the next put the egg whisked with a splash of milk, and in the third put the pecans and panko mixed together. Salt and pepper both sides of the chicken. When the oil spits after a drop of water is put in it, it's hot enough. Dredge the chicken cutlets in the flour, then dip in the egg mixture, then dredge in the pecan mixture. Fry them in the hot oil for about 5-7 minutes per side (depends on the thickness of the chicken), until they are golden and cooked through. Remember, when in doubt, use a meat thermometer!!

To make the gravy, pour off all but 2 tablespoons of the drippings. Whisk in the flour, and cook over medium high heat for about 2 minutes, whisking constantly. Whisk in the stock and milk and let come to a bubble, then turn down the heat. Simmer until thickened to the consistency you prefer. Season to taste with salt and pepper and stir in the chopped pecans. Serve the chicken cutlets covered with gravy.

Recipe Courtesy of Karly Vardaman, [www.kitchenpsycho.com](http://www.kitchenpsycho.com)