

Skillet Chicken and Fettuccine

Ingredients:

6 chicken breast halves, boneless and skinless, butterflied open lengthwise, pound if more than ½ inch thick
¾ tsp salt
½ cup flour, for dredging the chicken
¼ cup olive oil
2 tablespoons olive oil
1 tablespoon butter
8 cloves garlic, sliced
¼ teaspoon hot red pepper flakes
3 tablespoons capers in brine, drained
2 tablespoons red wine vinegar
1 cup chicken broth
1 tablespoon fine dry bread crumbs
1-pound fettuccine, cooked just al dente/still firm, held hot
¼ cup chopped fresh parsley

Directions:

1. Sprinkle both sides of chicken with salt.
2. Spread the flour on wax paper and press each chicken breast into the flour to coat completely.
3. Heat 2 tablespoons of the oil and all of the butter in a 14" sauté pan over medium heat. When butter is almost completely melted, lay the chicken in the pan, with a little space between them.
4. Let them cook in place, without moving until sizzling. When lightly browned turn over and let this side lightly brown.
5. Quickly scatter all the garlic slices into the spaces between the chicken pieces, turn the heat up slightly, shake the pan and stir the garlic around.
6. When the garlic sizzles, add the hot red pepper flakes, toast for a minute, then add the capers.
7. Raise the heat some more, when everything is sizzling well, add the vinegar, reduce for another 30 seconds, add the broth.
8. Bring to a boil. Drizzle with remaining oil, sprinkle a little more salt on if needed.
9. Let the sauce reduce for another couple of minutes, then sprinkle the bread crumbs into the sauce (not on top of the chicken).
10. Within a minute or two, sauce should visibly thicken.
11. Stir in the pasta, sprinkle with parsley.
12. Serve immediately.