

SCALLOPS OF BREAST OF FOWL WITH LEMON AND
CAPERS

<i>1½ pounds chicken, turkey, or duck breasts, skinned and boned</i>	<i>¼ cup finely chopped fresh Italian flat- leaf parsley</i>
<i>Salt and pepper</i>	<i>Juice from 2 lemons</i>
<i>Flour for dredging</i>	<i>1½ tablespoons capers with a little of their juice</i>
<i>8 to 10 tablespoons (1 to 1¼ sticks) butter</i>	<i>Dry white wine, as needed</i>

To facilitate cutting the breasts if they are whole, place them on a tray over ice and let them get very cold and firm, or put them in the freezer for 30 minutes or so. With a sharp blade, slice cleanly about $\frac{3}{8}$ " thick. Place between 2 sheets of plastic wrap or waxed paper and hit them gently with the flat side of a meat cleaver, or use a meat bat. Be careful not to hit them too hard and thereby tear them. Make the scallops $\frac{1}{4}$ " thick. Season with salt and pepper and dredge lightly in flour just before cooking.

Using a 10" skillet, heat the butter until it just begins to sizzle, but do not allow it to brown. Sauté the scallops for about 1½ minutes on each side; do not overcook. Do this in batches if necessary, and keep warm in a low oven. Add more butter to the pan if required, and stir in parsley, lemon juice, and capers. The pan sauce should be glossy and there should not be much of it—just enough to flavor the meat. If there is not enough sauce, add some dry white wine, and reduce it a bit. Place scallops on hot plates and serve at once.

SERVES 4

PREPARATION TIME: 20 minutes

COOKING TIME: 12 to 14 minutes