

Pan-Fried Chicken Schnitzel with Jaegersauce

**Lightly breaded Chicken breast slices with mushroom and sour cream
gravy**

Serves 4

Ingredients:

1 and 1/2 lbs Chicken Breast ,

**1 Cup onion or Shallot (finely
chopped)**

**1 lbs fresh mushrooms, sliced,
any variety of mushroom works well.**

3 clove garlic, finely chopped

2 tsp. paprika

**1 /2 teaspoon of dried thyme, or 1
teaspoon chopped fresh thyme**

2 tablespoons flour

1/2 cup dry red wine

1/2 Cup sour cream

**(you can use non fat sour cream to
reduce calories)**

1 Cup of Beef or Chicken stock





Slice the Chicken on an angle into small pieces flat slices. this is an 8 ounce breast and i will cut it into 5 pieces.



Here is a close up of the way I tilt the knife. Notice the fat on the bottom of the slice. I cut that off too, (unwanted calories)



I put the slice of chicken inside a plastic storage bag, and
pound it flat.
a rolling pin works fine as well.
(I cut the side of the plastic storage bag so I can slip the slice
in easier)



Here is what the flattened slice looks like



Stack the slices on a plate.



Here is the breading mix on a plate. Mix the flour with the salt and pepper.



Bread the chicken slices lightly and put on a plate. Let them rest for a minute while you cut up the vegetables.



Slice the onions, mushrooms and garlic and place on a plate.

Cut the



Fry the chicken breast in a pan



Turn them over when they are brown.



Here is a plate of browned Chicken.



Saute onions with the garlic in oil or oil and butter mixed till tender.

Add the mushrooms and cook till mushrooms are tender.



Add the flour, thyme and paprika and cook for 2 minutes to cook flour.



Add the wine and stock and cook for a minute till thickened.



Turn off the skillet for a minute and let the sauce cool just below simmer.
Add the sour cream and blend. Then add the chicken slices and simmer for 5 minutes.



Serve 2 or 3 slices and cover with sauce. Excellent with roasted potato, Spaetzle, Dumplings or noodles.

