chicken schnitzel recipe jamie oliver

Chicken schnitzel recipe Jamie Oliver is a delightful dish that combines simplicity with incredible flavor, making it a favorite in many households. With its crispy exterior and juicy interior, chicken schnitzel is a versatile meal that can be served in various ways—whether on a bed of salad, in a sandwich, or alongside traditional sides like mashed potatoes or coleslaw. Jamie Oliver, renowned for his vibrant cooking style and emphasis on fresh ingredients, has created a schnitzel recipe that is not only easy to follow but also results in a dish that is sure to impress family and friends. In this article, we will explore the steps to create this delicious meal, discuss the ingredients involved, and share some tips and variations to elevate your schnitzel experience.

Ingredients

To create an authentic Jamie Oliver chicken schnitzel, you'll need to gather the following ingredients:

- Chicken Breasts: 2 large, boneless and skinless
- Flour: 100g (for dredging)
- Eggs: 2, beaten
- Breadcrumbs: 200g (preferably fresh, for better texture)
- Parmesan Cheese: 50g, finely grated (optional for added flavor)
- Olive Oil: For frying, about 200ml
- Salt and Pepper: To taste
- Lemon: 1, cut into wedges (for serving)
- Fresh Parsley: A handful, chopped (for garnish)

Preparation Steps

Now that you have gathered all the essential ingredients, let's walk through the preparation process step by step.

1. Prepare the Chicken:
- Place the chicken breasts between two sheets of cling film or parchment paper. Using a meat mallet or rolling pin, gently pound the chicken until it is about 1 cm thick. This helps to tenderize the meat and ensures even cooking.
- Season both sides of the chicken with salt and pepper.

2. Set Up Breading Station:
- In one shallow bowl, place the flour. In a second bowl, beat the eggs. In a third bowl, combine the breadcrumbs and grated Parmesan cheese (if using).
- This setup will help you bread the chicken efficiently.

3. Bread the Chicken:
- Dredge each chicken breast in the flour, shaking off the excess.
- Next, dip it into the beaten eggs, allowing the excess to drip off.

- Finally, coat the chicken in the breadcrumb mixture, pressing gently to ensure a good coating. Set aside on a plate.

4. Heat the Oil:
- In a large frying pan, heat the olive oil over medium heat. You'll know it's ready when a breadcrumb dropped into the oil sizzles.
- Depending on the size of your pan, you may need to fry the schnitzels in batches to avoid overcrowding.

5. Fry the Schnitzels:
- Carefully place the breaded chicken into the hot oil. Fry for about 3-4 minutes on each side or until golden brown and cooked through. The internal temperature should reach 75°C (165°F).
- Once cooked, transfer the schnitzels to a plate lined with paper towels to drain any excess oil.

6. Serve:
- Serve the chicken schnitzel hot, garnished with chopped parsley and lemon wedges on the side. The lemon juice adds a refreshing zing that complements the richness of the schnitzel.

Serving Suggestions

Chicken schnitzel can be served in many ways, making it a versatile dish that can cater to various tastes and preferences. Here are some popular serving suggestions:

- Classic Side Dishes:
- Mashed Potatoes: Creamy mashed potatoes work beautifully with schnitzel, offering a comforting balance.
- Coleslaw: A crunchy, tangy coleslaw adds freshness and a delightful contrast in texture.
- Green Salad: A simple mixed green salad with a vinaigrette can brighten the plate.

- In a Sandwich:
- Place the schnitzel in a crusty baguette or soft roll, adding lettuce, tomato, and a drizzle of mayonnaise or aioli for a delicious sandwich.

- Schnitzel with Gravy:
- Serve the schnitzel topped with a rich mushroom or onion gravy for a heartier meal.

- With Pasta:
- Slice the schnitzel and toss it with your favorite pasta and a light tomato or cream sauce for an Italian-inspired twist.

Tips for Perfect Chicken Schnitzel

To ensure that your chicken schnitzel turns out perfectly every time, consider the following tips:

- Use Fresh Breadcrumbs: Fresh breadcrumbs provide a superior texture compared to store-bought dried breadcrumbs. You can make your own by blitzing stale bread in a food processor.

- Don't Overcrowd the Pan: Frying too many schnitzels at once can lower the oil temperature, resulting in soggy schnitzels. Fry in batches if necessary.

- Maintain Oil Temperature: Keep an eye on the oil temperature. If it's too hot, the schnitzels will burn on the outside and remain raw inside. If it's too cool, they will absorb too much oil.

- Experiment with Flavors: Feel free to add herbs and spices to your breadcrumb mixture, such as paprika, garlic powder, or Italian seasoning, to give your schnitzel a unique twist.

Variations of Chicken Schnitzel

While the classic chicken schnitzel is delicious on its own, you can easily adapt the recipe to suit your taste preferences or dietary needs. Here are some creative variations:

- Pork Schnitzel: Substitute chicken with thinly pounded pork loin for a traditional German version known as "Schweineschnitzel."

- Vegetarian Option: For a meatless version, use eggplant or zucchini slices instead of chicken. Slice the vegetables thick, bread them, and fry until golden.

- Cheesy Schnitzel: Add a slice of cheese (like mozzarella or Swiss) on top of the schnitzel during the final minute of frying, covering the pan to melt the cheese for a gooey twist.

- Asian-Inspired Schnitzel: Marinate the chicken in soy sauce and ginger before breading, and serve with a side of sweet chili sauce for dipping.

Conclusion

The chicken schnitzel recipe Jamie Oliver has shared is a testament to how simple ingredients can come together to create an unforgettable meal. Whether you are a novice in the kitchen or an experienced cook, this recipe is approachable and rewarding. By following the steps outlined above and incorporating your preferences, you can enjoy a delicious homemade schnitzel that is sure to impress. So gather your ingredients, invite some friends or family over, and enjoy a delightful meal that celebrates the art of cooking. Happy frying!

Frequently Asked Questions

What ingredients do I need for Jamie Oliver's chicken schnitzel recipe?

You will need chicken breasts, flour, eggs, breadcrumbs, Parmesan cheese, lemon, parsley, and seasoning like salt and pepper.

How do I prepare the chicken for schnitzel according to Jamie Oliver?

Start by placing the chicken breasts between two sheets of cling film and bash them to about 1cm thick using a rolling pin or meat mallet.

What's the best way to coat the chicken for schnitzel in Jamie Oliver's recipe?

Dredge the flattened chicken first in flour, then dip it in beaten eggs, and finally coat it with a mixture of breadcrumbs and grated Parmesan.

How long should I cook the chicken schnitzel for?

Cook the chicken schnitzel in a hot frying pan with oil for about 3-4 minutes on each side until golden brown and cooked through.

Can I make Jamie Oliver's chicken schnitzel in the oven?

Yes, you can bake the coated schnitzels in a preheated oven at 200°C (400°F) for about 20-25 minutes until golden and cooked through.

What sides pair well with chicken schnitzel from Jamie Oliver's recipe?

Popular sides include potato salad, coleslaw, green salad, or chips for a classic combination.

How can I make Jamie Oliver's chicken schnitzel recipe healthier?

You can use whole wheat breadcrumbs, bake instead of fry, or serve it with a side of steamed vegetables.

What sauce or dip is recommended with chicken schnitzel?

A squeeze of fresh lemon juice or a dipping sauce like garlic aioli or tzatziki complements the schnitzel well.

Can I use other meats instead of chicken for schnitzel?

Yes, you can substitute chicken with pork, veal, or turkey, following the same preparation and cooking methods.

How can I store leftover chicken schnitzel?

Store leftover schnitzel in an airtight container in the fridge for up to three days, and reheat in the oven for best results.

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