



Poppy Seed Schnitzel

Serving:

6-8

Type:

Meat

Author:

Recipe: Leah Koenig; reprinted with permission from Little Book of Jewish Feasts, 2018

Notes:

"Along with falafel, sabich, and shawarma, chicken schnitzel is one of Israel's most popular street foods. It is also commonly made by home cooks, as it's a simple, satisfying main dish that can feed a crowd. The basic recipe of chicken cutlets dredged in egg and bread crumbs can be dressed up in countless ways, and on Purim, some families add poppy seeds to the mix in honor of the holiday's connection to mohn (Yiddish for poppy seed). In this version, they are joined by sesame seeds, giving the breading a delightful crunch and nutty flavor. Serve the cutlets with a squeeze of lemon, mayonnaise mixed with harissa, or your favorite flavorful dip." Leah Koenig

Ingredients:

1 CUP [140 G] ALL-PURPOSE FLOUR

2 TSP ONION POWDER

2 TSP GARLIC POWDER

1 TSP SWEET PAPRIKA

4 EGGS

1 CUP [60 G] PANKO BREAD CRUMBS

1/2 CUP [70 G] SESAME SEEDS

1/4 CUP [35 G] POPPY SEEDS

6 BONELESS, SKINLESS CHICKEN BREASTS

KOSHER SALT AND FRESHLY GROUND BLACK PEPPER

VEGETABLE OIL FOR FRYING

LEMON WEDGES FOR SERVING

Directions:

1. Stir together the flour, onion powder, garlic powder, and paprika in a wide shallow bowl or small baking dish. Beat the eggs in another bowl. Stir together the bread crumbs, sesame seeds, and poppy seeds in a third bowl.

2. Using a sharp knife, carefully butterfly each chicken breast, then use a meat mallet to gently pound each piece to a 1/4 in [6 mm] thickness. You should end up with 12 relatively uniform pieces of chicken breast. Season the chicken pieces on both sides with salt and pepper. Dredge the chicken pieces in the flour mixture on both sides, shaking off the excess. Dip in the egg to coat, allowing the excess to drip off, then coat well with the seeded bread crumbs.

3. Heat 1/4 in [6 mm] of vegetable oil in a large skillet set over medium-high heat. Line a large plate with several layers of paper towels. Working in batches, add the coated chicken pieces to the hot pan and cook, turning once, until crispy and cooked through, 5 to 6 minutes total. Transfer the chicken to the prepared plate to drain. Serve hot with lemon wedges on the side for squeezing.

Store leftovers, covered, in the fridge for up to 2 days. To reheat, arrange in a single layer on a rimmed baking sheet and heat in a 400°F [200°C] oven until warmed through, about 10 minutes.