

A Sutherland Belle

Chicken Piccata Meatballs

INGREDIENTS

For the Meatballs

- 1/2 cup grated parmesan
- 8 cloves minced garlic (do not skimp on this)
- zest of two lemons
- 1 1/2 cups panko breadcrumbs
- 2 large eggs
- 2/3 cup chopped parsley
- 2 pounds of ground chicken
- 2 teaspoon salt
- 1 teaspoon pepper

For the Sauce

- 4 tablespoons cold butter, cubed and divided
- 1 large, minced shallot
- 6 cloves minced garlic
- 1 tablespoon all-purpose flour
- 1 1/2 cups chicken broth
- 1/4 cup capers with juice or 1 (3 ounce) jar
- 1/4 cup fresh lemon juice

INSTRUCTIONS

1. In a medium bowl, using a fork, mix all the ingredients except the ground chicken. When the ingredients are combined, add the ground chicken, and mix until just combined. Don't overwork the meat. Roll into 20-22 meatballs using a cookie scoop or about 1 1/2 tablespoons each.
2. Heat a large skillet over medium-high heat. * Drizzle in a little oil. Add the meatballs to the skillet but do not overcrowd them. Cook in batches if they don't all fit. Sear the meatballs for 4-5 minutes, flipping to brown all sides evenly. We'll finish cooking the meatballs in the sauce later. Remove meatballs to a plate.
3. Add 1 tablespoon of butter to the skillet along with the shallot and garlic; cook for 30 seconds or until fragrant. Add the flour and whisk. Once the flour cooks for 30 seconds, slowly drizzle in the chicken broth with one hand while you continue to whisk with the other hand. Add the caper brine, capers, and lemon juice, and allow the sauce to gain a simmer. Then add the meatballs reduce the heat to medium and let thicken, about 5-7 minutes. Lower the heat to low, add the remaining 3 tablespoons

of butter, and allow them to slowly melt into the sauce as you stir. The butter will help thicken the sauce further. Serve with additional chopped parsley on top if desired.

4. *Alternative cooking method. Preheat oven to 400F. Cook in a cast iron oven-proof skillet for 15 minutes.