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From the Kitchen of Chef Michael Feker

IL MITO is located at 6913 W North Ave, Wauwatosa

CHEF MICHAEL FEKER OF IL MITO PRESENTS

Gluten-free Turmeric and Basil Breast of Chicken Scaloppini

Serves 4

Ingredients

- 4, 6 oz breast of chicken
- 5 tablespoons of olive oil
- 1/2 cup of cornstarch
- 1/2 cup of sodium free, low fat chicken broth
- 1/2 cup of wine
- 1 onion sliced
- 2 cloves of garlic chopped fine
- Zest of 1 lemon
- 2 oz of fresh squeezed lemon juice
- 1 yellow bell pepper sliced
- 2 tomatoes chopped
- 1 globe eggplant with peel sliced length wise & diced small
- 3/4 cup of fresh basil cut into shreds stems reserved whole
- 1 tablespoon of turmeric
- Sea salt and fresh cracked pepper to taste

Directions

1. In heavy-bottom pan heat 2 tablespoons of olive oil over medium heat.
2. Sauté bell peppers, onions, garlic, eggplant and turmeric for 2 minutes.
3. Add tomatoes and sauté for another 2 minutes
4. Add wine cook and for 2 minute. Reduce heat and add the stock. Cook until vegetables are tender. about 4 minutes.
5. Meanwhile, wash the chicken breasts and dry them
6. Sprinkle chicken with salt and pepper and dredge with the cornstarch.
7. Heats the remaining oil on high add the basil stems and then sauté chicken on both sides, 1 minute per side.
8. Add the lemon juice, wait for 1 minute and the vegetable sauce/ragu, basil and lemon zest & cook for 2 minutes or until you have reached a proper consistency.
9. Turn off the heat and let rest for another 1 minute, and be amazed. Served with some steamed potatoes and broccoli tossed with extra virgin olive oil, sea salt and rosemary.