

A Recipe from Bechard Family Farm
www.bechardfarm.com

Lemon Chicken

Family sized.....created by my niece, Abigail

This recipe feeds a very large family. You may wish to reduce the proportions.

CHICKEN:

6 chicken breasts (or other skinless chicken meat)
1 ½ cups flour
1 tsp. each of salt, garlic powder, onion powder and season salt
¾ tsp. basil
½ tsp. pepper
sprinkle of red pepper

SAUCE:

3 ¾ cups water
chicken base to taste
3 ½ Tbs. honey
6 Tbs. brown sugar
4 Tbs. of citrus wine

THICKENER:

½ cup water
5 Tbs. cornstarch

Mix spices with flour. Slice the chicken lengthwise down the breast in half-inch strips, 3 inches long, and ¾ inch thick. Coat chicken in flour and put into a skillet of hot olive oil. Oil should be ¼ to ½ inches deep at all times. Brown chicken on both sides. Place browned chicken pieces on a plate with paper towel 3 or 4 layers thick.

Drain oil from skillet. Add lemon juice, honey, brown sugar, and wine to water with chicken base. Bring to a boil and add cornstarch/water mixture to sauce until slightly thick.

Best side dishes are fried rice and green beans.