

Cooking With Jamie - Capers

Italian Salsa Verde

- 2 cups mixed fresh herbs, such as basil, parsley, and cilantro
- 3 garlic cloves
- 2 tablespoons lemon juice
- 2 tablespoons capers, rinsed and drained
- 1/2 cup extra-virgin olive oil
- Coarse salt and ground pepper

Throw all ingredients into a food processor. Pulse until garlic is minced and greens appear thinly chopped. Add more oil if needed. To serve, toss with roasted potatoes and brussel sprouts, serve on top of red meat, or add balsamic vinegar and use on a salad.

Fresh, Creative Salad

Pickled red onion:

- One red onion, sliced very thin
- One or two cloves garlic, crushed and raw
- ¼ cup apple cider vinegar
- ¼ cup red wine vinegar
- 1 tablespoon fennel seed, optional
- 2-3 tablespoons white sugar
- Salt

Add garlic, vinegars, fennel, and sugar to a pot. Simmer for 5 minute and then bring to a boil. Meanwhile, sprinkle 1 teaspoon of salt onto the onions. Once the vinegar mixture reaches a boil, strain onto onions. Cover and let sit until cool, then refrigerate until you serve.

To finish the salad, add:

- Arugula
- Avocado
- Tomatoes
- Parsley
- Capers

Chicken Piccata

- One large chicken breast, pounded
- All purpose flour, to dredge
- $\frac{2}{3}$ cup chicken stock, more if desired
- $\frac{1}{4}$ cup lemon juice
- 2 tablespoons capers, more if desired
- $\frac{1}{2}$ cup parsley
- Salt and pepper
- Serve on noodles of choice or on a bed of arugula

Slice chicken breast into one-inch wide strips. Dredge with flour, seasoned with salt and pepper. Brown the chicken on all sides in butter with a hot, nonstick pan. Once golden, add the chicken stock, lemon juice, and capers. Let simmer until chicken is cooked through and sauce is reduced, about 5 minutes. Add more stock if sauce is reduced but chicken is not cooked. Sprinkle with parsley when served!