**Breaded Chicken with Velouté Sauce**

* 4 chicken thighs
* 125 ml flour
* 7 ml salt
* 2 ml pepper
* 2 ml paprika
* Pinch thyme
* 1 egg
* 125 ml milk
* 30 ml parmesan cheese
* 150 ml bread crumbs
* 50 ml vegetable oil
1. Preheat oven to 350 F.
2. Combine flour, salt, pepper, paprika and thyme.
3. Beat the egg and milk together.
4. Combine the parmesan and bread crumbs.
5. Dip chicken into the seasoned flour, then egg mixture, and then panko crumb mixture.
6. Heat a skillet to medium-high heat for 30 seconds. Add 50 ml vegetable oil and heat up.
7. Add chicken to skillet – note: it should sizzle when adding it, if not, the oil is not hot enough. Cook until browned on outside. Place on a baking sheet and finish cooking in oven, about 15 minutes.

**Velouté**

2 1/2 tbsp butter

4 tbsp flour

1 ¼ cups chicken stock

1/2 cup Cream

3 egg yolks

pepper and salt to taste

1. in a small skillet melt the butter, then add flour to the pan.
2. Wisk and cook the Roux for a minute – careful not on High heat!
3. Now add in 1 ¼ cup chicken stock and continuously whisk until everything is all incorporated and starting to thicken. Reduce the heat and cook an additional 10 minutes on low. Keep watching and whisking to make sure it does not burn and stays silky smooth.
4. Measure your cream and eggs into a cup and whisk them to combine. Scoop a bit of the warm sauce into the egg/cream mixture to “Temper” it or warm it up.
5. Once the mixture has warmed grab your whisk again and pour the egg mixture into the pan. Cook over low heat for another minute.
6. Add salt and pepper to taste.

*Veloute means “velvety.” At its best, this sauce should deliver on its name, with a light, silky texture and a somewhat translucent sheen. Although both are considered roux-based white sauces, veloute is much lighter in texture than its cousin béchamel because of the use of stock, rather than milk.*