

# Easy Flattened Pan-Fried Chicken Breast or Thigh Method

This recipe is so basic, you don't need exact ingredients, just the method!

## Ingredients:

- Chicken thighs or breasts (at least one per person)
- Unrefined salt or flavored salt
- Freshly Ground Pepper
- Fat or oil of choice (I recommend coconut oil, avocado oil, ghee, home rendered lard or tallow)

## Method:

1. Trim chicken thigh or breast of extra fat with a small sharp knife. If using chicken breast, I prefer to cut them in half to make them a more manageable size. Place meat on a cutting board, and then place either a clean linen kitchen towel or a piece of parchment paper over the meat. Alternatively, place meat between two sheets of parchment paper or two clean kitchen towels.

2. Using the flat side of a meat mallet, gently and evenly pound the thigh or breast until it's about  $\frac{1}{4}$  inch thick. Sprinkle both sides of chicken with salt and pepper (about  $\frac{1}{4}$  teaspoon each per thigh or half breast), and set aside. Continue pounding all of the pieces of chicken, replacing parchment paper if needed, and seasoning them as you go.

3. Heat a large cast iron pan over medium heat. Once you feel heat radiating to your hand when placed several inches above the surface of your pan, add enough fat to the pan to lightly cover the bottom of the pan (about two tablespoons), and then place several pieces of chicken thigh or breast into pan. Don't crowd. Let cook undisturbed until you see the edges cooking. Check underneath the meat, and once it is lightly browned, turn over and cook until cooked through the middle.

4. To serve, cut into strips.