Milanesa is a very typical dish in Argentina. It is inspired by several similar dishes from other parts of the world such as chicken milanese (Italy) and chicken schnitzel (Germany). You can use chicken, pork, and red meat. The most important details to consider when preparing milanesa is the cut of the protein. You want to make sure that it is a thin cut and not too thick. It would be closer to what you might see in a schnitzel instead of a chicken milanese. If I had to recommend a cut of red meat that is best for this dish, it would be beef top sirloin steak. This dish can be either cooked over some oil in a pan or you can throw it in an oven if you want to watch how oily it comes out.

Ingredients:

Protein (Pork, Chicken, or Beef)
Plain Bread Crumbs
Eggs
Parsley
Oregano
Salt & Pepper
Lemon or Lime

Steps:

- Mix eggs with parsley, oregano, salt, and pepper in a mixing bowl.
- Take the piece of protein and mix it in with the egg mix you just made.
- Remove the piece of protein from the mixing bowl and place on a plate or container that has bread crumbs. Layer both sides of the protein with breadcrumbs. I like to use a spoon to pat the bread crumbs down to ensure that the bread crumbs stick to the protein.
- Place milansa in a pan with oil or in the oven with a light layer of oil (this is a matter of preference. One of my grandmother's always cooked it in a pan, meanwhile, my other grandmother preferred to cook hers in the oven).
- Cook until one side is golden brown and then flip over until the other side is golden.
- Cut lemon/Lime in quarters and squeeze the citrus over the milanesa before eating.

Typically a milanesa will come with a side, usually it can be mashed potatoes, a potato salad, or french fries.





