

Chicken Parmesan

Serves 4

This version of chicken parmesan uses panko bread crumbs and a thick layer of cheese that is browned under a broiler and topped with a fresh marinara sauce and fresh basil. You may want to top the chicken with sauce until just before serving. See Marinara recipe.



Ingredients:

- 2 boneless chicken breasts
- 1/4 tsp. kosher salt
- 1 Tbsp. flour
- 1 large egg
- 1 1/2 oz. parmesan cheese (3/4 cup grated)
- 2 oz. Fontina cheese (1/2 cup shredded)
- 2 stems of Basil (2 Tbsp. chopped)
- 1/2 cup panko bread crumbs
- 1/2 tsp. garlic powder
- 1/4 tsp. black pepper
- 1/3 cup vegetable oil
- 2 oz. shredded whole milk Mozzarella cheese

Equipment:

- 2 shallow bowls
- Paper towel
- Tongs
- Large skillet
- Rimmed baking sheet
- Aluminum foil
- Temperature probe

Chicken Parmesan:

| <input checked="" type="checkbox"/> | Directions | Time (min) |
|-------------------------------------|---|------------|
| | Chop basil leaves (2 Tbsp.) | 1 |
| | Trim fat from chicken, cut to make four half-thickness pieces. | 2 |
| | Place one piece of chicken between sheets of wax paper or plastic. Pound thicker portions with mallet to 1/2" thickness. | 5 |
| | Sprinkle with 1/4 tsp. kosher salt and set aside | 1 |
| | In a shallow bowl, whisk together 1 Tbsp. flour and 1 egg | 1 |
| | Grate parmesan cheese (3/4 cup) and Fontina cheese (1/2 cup) separately. | 4 |
| | In a shallow bowl, combine 3/4 cup parmesan, 1/2 cup panko, 1/2 tsp. garlic powder, 1/4 tsp. oregano, and 1/4 tsp. black pepper | 2 |
| | Pat chicken dry with paper towel | 1 |
| | Using tongs, dip one cutlet in egg. Allow excess to drip off. Transfer to panko mixture and coat with 1/4 of the mixture. Set aside. Repeat with remaining chicken. | 5 |
| | Preheat oven to 350 | 1 |
| | Heat 1/3 cup vegetable oil in skillet heat to shimmering | 2 |
| | Place two pieces of chicken in oil. Fry to golden brown on the bottom | 2 |
| | Using tongs, flip chicken and brown on other side | 2 |
| | Transfer chicken to paper towel on a plate. Repeat with other two pieces | 4 |
| | Line rimmed baking sheet with aluminum foil. Place chicken on foil. | 1 |
| | Cover equally with shredded Mozzarella and Fontina cheeses | 1 |
| | Insert temperature probe in thickest piece of chicken. Turn on the broiler. Place chicken under broiler. | 1 |
| | Watch carefully while cheese browns. If cheese gets brown before internal temperature reaches 165, turn off broiler and bake at 350. | 2 |
| | Remove chicken with browned cheese. Transfer to serving platter | 1 |
| | Top each cutlet with a tablespoon of sauce and sprinkle basil on top. | 1 |
| | Total | 40 |