



Chicken Parmigiana



Ingredients:

- 1 pound chicken breast
- 3 eggs
- Salt & pepper
- 1 cup white wine plus 1 TBSP white wine
- 1 cup plain bread crumbs
- ½ cup Panko crumbs
- 1 cup plus 2 TBSP all purpose flour
- ¼ cup parmesan
- Zest of 1 lemon
- EV Olive oil
- 4 cloves garlic, minced
- ¼ tsp red pepper flakes
- 2 bay leaves
- ½ cup chicken stock
- 14oz crushed tomatoes
- 2 TBSP tomato paste
- 1 tsp dried oregano
- ¼ cup flat leaf parsley
- ¼ cup sliced basil leaves
- ½ cup shredded mozzarella

Method:

1. Pound chicken breast thin, then salt and pepper to taste both sides.
2. In a shallow baking dish, add 1 TBSP white wine to the eggs, salt & pepper to taste and beat.
3. In a shallow baking dish, add ½ cup Panko, 2 TBSP all purpose flour, and ¼-cup parmesan plain bread crumbs, and mix thoroughly.
4. In a shallow baking dish, add lemon zest, salt & pepper to taste to the flour and mix thoroughly.
5. Dredge chicken in flour, shake off excess, then in egg mixture, then in crumb mixture. Place breaded breasts on Cling wrap or parchment lined pan, refrigerate 10 minutes



6. Add enough olive oil to the frying pan until the oil is $\frac{1}{4}$ " up the side of the pan. Heat MH or until wine splatters with a dipped finger flip. Cook 2-3 minutes on both sides, nice golden brown, set aside.
7. Sauce
8. In a clean cast iron pan, add 2 TBSP EVOO, 4 cloves garlic, minced, $\frac{1}{4}$ tsp red pepper flakes, 2 bay leaves and cook until aromatic. Then add 1 cup white wine $\frac{1}{2}$ cup chicken stock and reduce $\frac{1}{2}$ - $\frac{2}{3}$
9. Add 14oz crushed tomatoes, 2 TBSP tomato paste black pepper to taste, 1 tsp dried oregano, $\frac{1}{4}$ cup flat leaf parsley, $\frac{1}{4}$ cup sliced basil leaves. Stir to reduce slightly, remove bay leaves.
10. Add breasts to sauce, spoon sauce to cover tops of breasts. Add $\frac{1}{2}$ cup shredded mozzarella to top of breasts and sprinkle a little dried oregano to the tops of breasts.
11. Bake 350° for 10-15 minutes, then broil on high for 1-2 minutes, slightly browning cheese. Serve with a helping of homemade spaghetti with marinara sauce.