



Chicken Parmesan

Yield: 4 servings

4ea	Boneless skinless chicken breast halves
4 1/2C	Panko bread crumbs
1Tbs	Dried oregano
1Tbs	Dried thyme
2tsp	Salt
1tsp	Ground black pepper
2C	All-purpose flour, for dredging
6	large eggs, beaten
1/8C	Water
1qt	Vegetable oil, for frying as needed
8 C	of your favorite tomato sauce or use recipe below.
1 Lb	Grated mozzarella
1 Lb	Spaghetti

Method:

Place the chicken breasts between plastic wrap and pound out to about ½ inch. We will need three bowls for the standard breading procedure. Bowl one: two cups of all purpose flour with salt and pepper, Bowl two: Place the eggs and milk in a medium size bowl and whisk until fully incorporated. Bowl three: bread crumbs, oregano, thyme, stir well. Dredge the chicken in the flour shaking off the excess. Then dip it into the egg mixture ensuring to cover it fully. Then dip it into the bread crumbs. Place on a sheet pan with parchment paper and do not pile on top of each other. Repeat until done.

Preheat the oven to 400 degrees F. Place one gallon of water in a pan for pasta and bring it to a boil. Salt until it tastes like the sea.

In a large sautee pan, pour the vegetable oil to a depth of 1/2-inch. Heat the oil over medium heat until it registers 350 degrees F on a deep-frying thermometer. Fry 1 breast at a time until golden brown on each side, about 2-4 minutes total. Using tongs, transfer to a paper towel-lined sheet pan and season with salt, to taste. Once all chicken breasts are fried place them on a sheet pan. Pour a good amount of tomato sauce on each then cover with mozzarella. Bake until golden brown about 5-10 minutes. While that is cooking place your pasta into your boiling water until done, strain. In a new sautee pan place remaining sauce and put pasta on top and mix until the sauce is thoroughly mixed in. Place the pasta and sauce into four bowls, top with chicken parmesan and garnish with parsley. Enjoy!

Legend

Tbs=Tablespoon
C=Cup

tsp=teaspoon
oz= ounces

Lb= Pound



Quick Marinara Sauce

¼ C	Extra Virgin Olive Oil
¾ C	Onions, small dice
5	Cloves garlic, sliced
8 C	Crushed Tomatoes
10	Leaves of basil, torn
TT	Salt and Pepper

Method:

Heat the oil in a medium saucepan over medium heat. Sweat the onion, garlic, until the onions are translucent about 4-6 minutes. Add the tomatoes and bring to a boil. Lower the heat to a simmer, cover, and cook for 10-15 minutes. Add in the torn basil leaves and season with salt and pepper. Serve.

Legend

TT= To Taste C=Cups