

GARLIC CHICKEN PARMESAN

F MEDIUM

Last Modified: 11/09/2014

PREP: 1 Hr
COOK: 1 Hr 50 Min
STOVETOP

ITALIAN

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
8	Frozen	Chicken Breasts (Skinless / Boneless)	Thawed
1/4	Cup	Parmesan Cheese	Grated
1 1/2	Cups	Mozzarella Cheese	Shredded
1	Cup	All Purpose Flour	Dredging
3	Large	Eggs	
3/4	Cup	Whole Milk	
7	Cloves	Garlic	Minced
2	Cups	Panko Bread Crumbs	
3/4	Cup	Marinara Sauce (Below)	
		Vegetable Oil (For Frying)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

MARINARA SAUCE

1/4	Cup	Extra Virgin Olive Oil (EVOO)	
1	Small	Yellow Onion	Chopped
1	Clove	Garlic	Chopped
1	Whole	Carrot (Peeled)	Fine Chop
1	Stalk	Celery	Chopped
1	29 Oz	Can Crushed Tomatoes (Hunts)	
1	Tsp	Dried Oregano	

PREPARATION

FACTOID	Quite tasty and extremely easy to do.
TOOLS	1) Aluminum Half Sheet Pan & Wire Rack 2) 3 - Pie Tins 3) Dutch Oven 4) Medium Saucepan & Lid 5) Deep Frying Thermometer 6) Tongs
PREP	DISH 1) Grate the Parmesan Cheese and set it aside. 2) Shred the Mozzarella Cheese and mix it into the Parmesan. 3) Mince the Garlic Cloves and set them aside. 4) Preheat the oven to 350 degrees with a rack in the center.
PREP	MARINARA SAUCE 1) Chop the Yellow Onion and set it aside. 2) Chop the Garlic Cloves and mix them into the Onions. 3) Finely chop the Carrot and set it aside. 4) Chop the Celery and mix it into the Carrots.

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1	CHICKEN: Sprinkle the Chicken Breasts on both sides with Salt and Pepper. Combine the Flour and some Salt and Pepper in a pie tin. In a second pie tin, combine the Eggs, Milk and Minced Garlic. In a third pie tin, combine the Panko and Garlic Salt.
2	CHICKEN: Dredge the Chicken Breasts through the Flour Mixture, dusting off any excess; then through the Egg Mixture, letting the excess drip off; and then through the Panko Bread Crumbs, patting them on all sides making sure to coat each Breast thoroughly. Set the Breaded Chicken Breasts on the wire rack and refrigerate them uncovered for 30 minutes to give the Breading time to set.
1	MARINARA SAUCE: Heat the Olive Oil in a medium sauce pan over medium high heat. Add in the Onions and Garlic and saute them until the Onions are translucent, about 10 minutes. Add in the Carrots and Celery, season the mixture with Salt and Pepper and saute it until all of the Vegetables are soft, another 10 minutes. Stir in the Tomatoes and Oregano.
2	MARINARA SAUCE: Lower the heat to low and simmer it uncovered until the Sauce has thickened, about 1 hour. Season to taste with more Salt and Pepper.
3	CHICKEN: Add 3 inches of Vegetable Oil in a dutch oven over medium high heat and bring it to 375 degrees using a deep frying thermometer.
4	CHICKEN: Using tongs, carefully place the Breaded Chicken in the hot oil, working in batches to avoid crowding the pan. Turning once, fry until light golden brown on both sides, about 4 minutes on each side. Return the Chicken to the wire rack to drain.
5	CHICKEN: Place the Chicken Breasts not touching on a foil lined sheet pan sprayed with a non-stick cooking spray. Spread 2 tablespoons of the below Marinara Sauce over each piece of Chicken and sprinkle the Chicken evenly with the Parmesan and Mozzarella Cheeses. Transfer the sheet pan to the oven and bake until the Chicken is cooked through (165 degrees) and the Cheeses are browning, about 15 minutes.
SERVE	Drizzle a warmed dinner plate with Marinara Sauce. Place a Breast on top of the Sauce and serve while hot.
OPTION	You may optionally serve the Chicken Parmesan over Spaghetti (or Egg Noodles, also drizzled generously with the Marinara Sauce.

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