Breaded Chicken Parmesan

Crisp chicken cutlets with tomato, mozzarella and basil

Prep 20 min | Cook 25 min | Total 45 min | Serves 4 | Medium

INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breast, sliced into 4 cutlets
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1/3 cup (40 g) all-purpose flour
- 2 large eggs (100 g), beaten
- 1 cup (100 g) fine dry breadcrumbs
- 1/3 cup (30 g) vegetarian Parmesan-style hard cheese, finely grated
- 1 tsp (1 g) dried oregano
- 1/3 cup (80 ml) olive oil
- 1 cup (240 ml) thick marinara sauce
- 1 cup (115 g) shredded mozzarella made with microbial or vegetarian rennet
- 2 tbsp (4 g) torn fresh basil



Cook chicken to 165°F (74°C).

Check the thickest center with a thermometer.

METHOD

1. Pound cutlets evenly to 1/2 inch (1.3 cm) and season with salt and pepper. Place flour, beaten eggs and breadcrumbs mixed with grated hard cheese and oregano in three separate shallow dishes.

2. Coat cutlets in flour, shake off excess, dip into egg and press into crumbs. Discard egg, flour and crumbs that contacted raw meat.

3. Heat the oil in a wide skillet over medium heat. Shallow-fry in 2 batches for about 4 to 5 minutes per side, adjusting the heat to prevent burning. Check each thickest center reaches 165°F (74°C). Transfer to a clean rack.

4. Heat the oven to 425°F (220°C). Put the cooked cutlets on a baking tray, spoon sauce onto the centers and distribute mozzarella over the sauce. Bake for about 4 to 5 minutes until the sauce is hot and the cheese melts.

5. Scatter with basil. Serve the finished cutlets promptly; this recipe demonstrates the full breading process through cooking.

TIP

Keep one hand for flour and crumbs and the other for wet egg. Shake off loose flour before dipping.

STORE & REHEAT

Refrigerate in shallow containers within 2 hours (1 hour above 90°F / 32°C), at 40°F (4°C) or below, for 3 to 4 days. Reheat at 350°F (175°C) until chicken reaches 165°F (74°C), covering cheese if it browns early. Freeze airtight up to 3 months for best quality; thaw in the refrigerator.