Chicken Parm Breading

For chicken parm breading, coat dry thin cutlets in a little flour, then beaten egg, then seasoned crumbs and grated cheese. Fry to 165°F (74°C) before adding sauce and mozzarella.

SERVES 4	PREP 20 min	COOK 25 min	EXTRA 0 min



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

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.

Doneness & safe handling

Cook chicken to at least 165°F (74°C). Insert a food thermometer into the thickest center from the side of thin cutlets. Check several large pieces for bites or skewers. Timing, color and clear juices do not replace a temperature check.

Cook’s notes

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

Common mistake

Oil that smokes is too hot. Crowding the skillet drops the temperature and can loosen the breading.

Variations

For coarser crunch, replace the fine crumbs with 1 cup (60 g) panko. For gluten-free breading, use gluten-free flour and crumbs in the same volumes.

Serving

Divide three-stage chicken parmesan breading with cooked cutlets among 4 plates. Serve promptly; any optional pasta, bread, rice or vegetables not listed in the ingredients are prepared separately.

Storage

Refrigerate promptly in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Do not wait for a large batch to cool completely on the counter.

Freezing

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator. Cheese and crumb toppings may soften after thawing.

Reheating

Reheat on a baking tray or oven-safe rack at 350°F (175°C) until the thickest chicken reaches 165°F (74°C). Shield crumbs or cheese if they brown early. Timing varies with thickness; toppings soften somewhat after chilling.

Quick questions

What is the best breading for chicken Parmesan? Fine crumbs make an even traditional shell; panko makes a lighter, coarser crust. Both need a thin flour layer and egg binder.

Can I bread ahead? Refrigerate breaded raw cutlets on a covered tray for up to 4 hours, within the raw chicken 1-to-2-day storage window. Fry directly from the refrigerator.

Recipe references: RecipeTin Eats - flour, egg and crumb cutlet coating reference • https://www.recipetineats.com/chicken-parmigiana/
USDA FSIS - safe minimum poultry temperature • https://ask.fsis.usda.gov/article/What-is-a-safe-internal-temperature-for-cooking-meat-and-poultry
USDA FSIS - chilling and storage of leftovers • https://ask.fsis.usda.gov/article/How-do-I-handle-leftovers-safely
USDA FSIS - safe food handling and reheating •
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe