

Pronto!

Show # 22

Parmesan Chicken

Salmon Salad

Sauteed Chicken Breast with Summer
Tomato Sauce



Parmesan Chicken

4 – 5 ounce boneless, skinless chicken breasts
¾ cup panko bread crumbs
¼ cup shredded parmesan
1 tablespoon cracked black pepper
1 cup all-purpose flour
½ teaspoon white pepper
2 teaspoons kosher salt
2 eggs, beaten in a bowl

1. Mix the black pepper and parmesan with the bread crumbs. Mix the salt and white pepper in with the flour.
2. Dust the chicken in the flour, then into the egg, then into the panko mix. Sauté over medium heat in 2 ounces of olive oil, 3 minutes per side, until golden brown. Finish in the oven at 325°F for 8 to 10 minutes.

Sauce

1 ounce chopped shallots
½ cup white wine
½ cup chicken stock
2 ounces shredded parmesan
½ cup heavy cream
4 ounces pureed roasted red peppers
1 tablespoon roux
½ teaspoon dried basil
½ teaspoon dried oregano

Put wine and shallots in a 2 quart sauce pan and reduce by half over medium heat. Add stock and reduce by half. Add cream, peppers, roux, basil, oregano and parmesan cheese and cook for 10 minutes over low heat. Season with salt and white pepper.