

CHICKEN PARMESAN

Deeann's favorite meal is Chicken Parmesan. The Olive Garden does a great job, and will even serve her pasta with Alfredo Sauce instead of Marinara! I had never had Chicken Parmesan before, so once I knew it was her favorite meal; I tried a bite and determined that I would focus all my energies and not rest until I made the best Chicken Parmesan in the history of the known universe. This is what I came up with, and we both enjoy it very much. We hope you do to.

2-3 pounds Chicken Breasts, boneless and skinless
1 cup Flour
1 teaspoon Salt
½ teaspoon Black Pepper
4 Eggs, beaten
2 cups Bread Crumbs
1 cup Parmesan Cheese, Grated
1 teaspoon Garlic Powder
2-3 cups Mozzarella Cheese (1/2 cup for each chicken breast)
Olive Oil for frying
1 pound Fettuccini or Spaghetti Noodles, cooked
1 batch of Marinara Sauce
Alfredo Sauce (optional)

Let's start with the chicken. Place it in a large zip lock bag or place between two pieces of Saran Wrap and pound lightly (unless you're in a bad mood) to a uniform thickness of about ¼ inch in thickness. Place it on a plate and finish the rest.

Wash your hands well, then using four 9 inch cake pans (or pie tins) fill with the following ingredients:

PAN 1:

1 cup of water

PAN 2:

Mix the flour, salt and pepper together well.

PAN 3:

Mix the eggs well in this pan

PAN 4:

Mix the breadcrumbs, parmesan cheese, and powdered garlic together.

CONSTRUCTION:

If you, like me, have never breaded things, do not despair. All is well. Here are the basics: Dry sticks to wet, wet sticks to dry, and the meat needs to be well coated.

Start with a large skillet over medium high heat with about ¼ cup olive oil in it.

Choose your first two chicken breasts and begin the breading process. Begin by placing the breast in the water, and make sure that all of it gets wet by rubbing it well. Allow the excess water to drip off, then dredge (try working that word into casual conversation) the chicken in your flour mixture. Make sure it is well covered. Shake off the excess.

Place the chicken into the egg mixture next, covering completely, then into the breadcrumb mixture, packing on the coating and making sure that no meat is exposed.

When your pan is ready, place the chicken in it and sauté/cook until it is a light golden brown. About 2 1/2 minutes. Turn and cook the other side for approximately the same time. Place on rack or on paper towels to drain and cool. Repeat with the rest of the chicken.

Preheat oven to 350 degrees.

Place approximately 1/4 cup of marinara sauce on the chicken fillet and spread evenly. Sprinkle mozzarella cheese on top.

Place chicken/sauce/cheese fillets in on rack in the oven at 350 degrees for 15 minutes, or until brown.

Begin boiling the water for the pasta when you are sautéing the chicken. When it is time to put the chicken in the oven, your water will be boiling and ready, so the chicken and the pasta will be hot and fresh and ready at about the same time.

After the chicken has cooked for 15 minutes, turn the oven to low broil and cook chicken fillets until the cheese starts to bubble and turn brown. Be sure to check it at least every minute to make sure it doesn't get burned!

Serve with pasta and whatever sauces make her happy.