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Cooking with the Club

with Chef Robert Larios



POLLO PARMIGIANA DI LARIOS

Believe it or not, chicken Parmesan is not a traditional Italian dish. Its invention was derived from melanzane Parmigiana – eggplant Parmesan. Whatever its origins, chicken Parmesan is a favorite for many Italian-American families for its breaded, baked, sauced and cheesy ingredients.

In my opinion, there are three ingredients that make this dish stand out. Use freshly grated Parmesan cheese, homemade and well-seasoned tomato sauce and a very good extra virgin olive oil. Use this dish to make friends with everyone.

¡Buen provecho!

Chef Larios

Pollo Parmigiana di Larios

INGREDIENTS:

- 3 skinless, boneless chicken halves
- Sea salt and fresh ground pepper, to taste
- 2 eggs
- 3 cups panko bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/2 cup all-purpose flour
- 1 cup extra virgin olive oil for frying
- 1 tablespoon extra virgin olive oil
- 1 to 2 cups tomato sauce (marinara or spaghetti okay)
- 1 small can tomato paste
- 1 clove garlic, minced
- 1 shallot, finely diced
- 2 tablespoons dried parsley
- 1 teaspoon paprika
- 1/4 cup fresh mozzarella, shredded
- 1/4 cup chopped basil or dried
- 1/4 cup grated provolone cheese

Cooking TIDBIT

You may substitute pesto or dried Italian herbs of your choice for basil, or omit entirely.

[A Cook's Dictionary]



Parmesan [PAHR-muh-zahn]:

This hard, dry cheese is made from skimmed or partially skimmed cow's milk. It has a hard, pale-golden rind and a straw-colored interior with a rich, sharp flavor. There

are Parmesan cheeses made in Argentina, Australia and the United States. Parmesans are primarily used for grating and in Italy are termed grana, meaning "grain" and referring to their granular textures.

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Food Fact

"Remember gentlemen, it's not France we're fighting for, it's Champagne."

– **Winston Churchill**

DIRECTIONS:

Serves 2-4



1 Pre-heat oven to 450 degrees F. Take a medium saucepan and place on medium heat. Add tablespoon of olive oil, garlic and shallot, and a pinch of salt and pepper. Let brown. Then add tomato paste and paprika; let cook for two to three minutes. Add tomato sauce, paprika and pinch of basil. Stir.



3 Place chicken in a baking dish and top each breast with about 1/3 cup of tomato sauce. Layer each chicken breast with equal amounts of mozzarella cheese, fresh basil, dried parsley, and provolone cheese. Sprinkle one to two tablespoons of Parmesan cheese on top and drizzle with one tablespoon olive oil. Bake in the preheated oven until cheese is browned and bubbly, and chicken breasts are no longer pink in the center – 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).



2 Place chicken breasts between two sheets of heavy plastic (re-sealable freezer bags work well) on a solid, level surface. Firmly pound chicken with the smooth side of a meat mallet to a thickness of one-half inch. Season chicken thoroughly with salt and pepper. Beat eggs in a shallow bowl and set aside. Mix breadcrumbs and a half-cup Parmesan in a separate bowl; set aside. Place flour in a sifter or strainer; sprinkle over chicken breasts, evenly coating both sides. Dip flour-coated chicken breasts in beaten eggs. Transfer breast to breadcrumb mixture, pressing the crumbs into both sides. Repeat for each breast. Set aside breaded chicken breasts for about 15 minutes.



Heat one cup olive oil in a large skillet on medium-high heat until it begins to shimmer. Cook chicken until golden, about two minutes on each side. The chicken will finish cooking in the oven.



4 Serve and enjoy! *¡Buen provecho!*