

## **Chicken Parmigiana**

Recipe by Bobby Flay

### Step 1 – Prepare Tomato Sauce

Extra-virgin olive oil

1 large Spanish onion, finely chopped

4 cloves garlic, smashed with some kosher salt to make a paste

Two 28-ounce cans plum tomatoes and their juices, pureed in a blender

One 16-ounce can crushed tomatoes

1 small can tomato paste

1 bay leaf

1 small bunch Italian parsley

1 Cubano chile pepper, chopped

Kosher salt

Freshly ground black pepper

Heat oil in a medium saucepan over medium heat. Add onion and garlic and cook until soft. Add pureed tomatoes with their juices, crushed tomatoes, tomato paste, 1 cup water, bay leaf, parsley, Cubano pepper, and bring to a boil. Season, to taste, with salt and pepper. Reduce heat and simmer until slightly thickened, about 30 minutes.

### Step 2 – Prepare Chicken Breasts

4 boneless, skinless chicken breasts

Kosher salt

Freshly ground black pepper

Pound breast pieces to a thickness of ½ inch. For larger breasts, halve them horizontally, instead. Season both sides with salt and pepper.

### Step 3 – Sauté Chicken Breasts

2 cups all-purpose flour, lightly seasoned with salt and pepper

4 large eggs, beaten with 2 tablespoons water and lightly seasoned with salt and pepper

2 cups panko bread crumbs

Extra-virgin olive oil

Dredge each breast in flour and shake to remove excess. Dip in egg allowing excess to drip off. Dredge both sides in bread crumbs.

Sauté breasts until golden brown on both sides (about 2 minutes per side).

#### Step 4 – Assemble and Bake

Tomato sauce, from Step 2

1 pound fresh mozzarella, thinly sliced

¼ cup freshly grated Parmesan

Transfer sautéed breasts to a baking sheet. Top each breast with tomato sauce, a few slices of mozzarella, salt and pepper, and a tablespoon of Parmesan. Bake at 400° until chicken is cooked through and cheese is melted (about 5 to 7 minutes). Remove from oven, and garnish with fresh parsley or basil leaves.