

Chicken Parmesan

Ingredients:

3 tablespoons olive oil
1 teaspoon chopped fresh rosemary leaves
1 teaspoon chopped fresh thyme leaves
1 teaspoon chopped fresh Italian parsley leaves
Salt and freshly ground black pepper to taste
4 (5 oz) chicken cutlets
1 1/2 cups Marinara sauce, homemade
(recipe follows) or store bought
2 cups shredded mozzarella
1/2 cup grated parmesan cheese
1 cup Italian breadcrumbs
2 tablespoons unsalted butter, cut into pieces
Cooked spaghetti, for serving
Fresh parsley, for garnish

Preparation:

Preheat the oven to 500 degrees F.

Stir the oil and herbs in a small bowl to blend. Season with salt and pepper. Brush both sides of the cutlets with the herb oil.

Heat a heavy large oven-proof skillet over high heat. Add the cutlets and cook for about 2 minutes per side, or just until brown. Remove the skillet from the heat.

Spoon the marinara sauce over and around the cutlets. Sprinkle 2 tablespoons breadcrumbs, 1/4 cup of mozzarella over each cutlet, then sprinkle 2 teaspoons of parmesan over each. Sprinkle the butter pieces atop the cutlets. Bake for about 3 to 5 minutes, or until the cheese melts and chicken is cooked through.

To serve, divide pasta evenly on serving plates and top with one piece of chicken. Garnish with fresh parsley. Makes 4 servings



www.kcculinary.com



Basic Marinara Sauce

Every seasoned chef or home-based cook should have a basic marinara sauce in their recipe box. This version of a quick red sauce uses canned tomatoes and dried herbs.

Ingredients:

4 tablespoons olive oil
1/2 large onion, peeled, diced
2 tablespoons garlic cloves, fresh, peeled, finely minced
1 (24-ounce) can whole tomatoes, chopped
1/2 cup tomato paste
4 tablespoons basil, fresh, washed, dried, minced
2 tablespoons oregano, fresh, washed, dried, minced
2 tablespoons sugar
2 cups chicken stock, homemade (recipe follows) or store bought
Kosher salt and coarsely ground black pepper to taste

Preparation:

In a 1-gallon stock pot heat oil for 1 minute over medium-high heat. Add onions and sweat for 1 to 2 minutes or until almost translucent, stirring occasionally. Add garlic and sauté for 2 to 3 minutes stirring constantly to prevent burning. Add tomatoes, tomato paste, basil, oregano, sugar, stock, salt, and pepper. Cook for 2 minutes, stirring frequently. Reduce heat to low and simmer sauce for 15 to 20 minutes or until sauce has thickened to desired consistency, stirring gently every 5 minutes or so. Remove from heat. To serve, ladle sauce over cooked pasta noodles. Serve warm.

Makes 8 cups

Chicken Stock

Ingredients:

2 pounds chicken neck and back bones, except the liver
2 onions, quartered
2 carrots, cut into 1-inch slices
2 ribs celery, leaves included, cut into 1-inch pieces
4 quarts cold water
5 sprigs fresh thyme
1 bay leaf
5 parsley stems
3 peppercorns
2 cloves garlic

Preparation:

Place the bones, onions, and carrots in a 12 quart or larger stockpot. Add the celery. Cover with cold water. Bring just to a boil and skim off fat and foam.

Reduce heat to simmer. Add thyme, bay leaf, parsley, peppercorns and garlic. Simmer for 4 to 5 hours, uncovered, adding hot water as necessary to keep vegetables covered. Skim off any grease on top; then strain the stock into a bowl and cool, discarding the solids. Makes about 7 quarts