



Parmesan Crusted Chicken

Recipe By: Caroline Lewis

Serving Size: 6

When I was growing up, my Dad frequently made a version of this chicken for us, which we all called "Julia Child Chicken" because it originated in her Mastering the Art of French Cooking (a much-loved volume in our household). Dad used seasoned Italian-style bread crumbs, but I don't like the ingredients in that product and have updated the recipe to use panko and Parmigiano Reggiano instead.

6 boneless, skinless chicken breasts
1 cup flour
2 large eggs
1 cup Japanese panko
1 tsp kosher salt
1/2 teaspoon freshly ground black pepper
1/2 cup parmigiano reggiano, freshly grated
1/4 cup extra virgin olive oil, more if needed
2 tablespoons unsalted butter, more if needed

Remove the tenders from the breasts and remove the tendons from the tenders. Set the tenders aside. Lay each breast on your work surface, holding it flat with one hand while you carefully slice it horizontally in half with a sharp butcher's knife.

Set out three shallow bowls. Put the flour in one. Beat the two eggs with a fork in the second bowl. In the third bowl, mix the panko, salt, pepper and parmesan cheese until well blended. Line up the bowls next to each other in order: flour, egg, and panko mixture. Set a large plate next to the panko bowl and the plate of chicken breasts next to the flour.

Using your left hand, pick up a piece of chicken, drop it into the flour and coat it well. Pick it up, shake off any excess flour, and drop it into the egg mixture. Use a fork in your right hand to turn the piece in the egg bowl, making sure it is thoroughly coated, then spear it with the fork and lift it out of the egg. Let it drip a few seconds and then drop it into the panko mixture, returning the fork to the egg bowl. Use your right hand to coat the piece evenly with panko, pressing it down lightly to help the coating adhere. Transfer the chicken to the plate and repeat with the remaining pieces of chicken.

Heat 1 tbsp. butter and 2 tbsp. olive oil in a large sauté pan over medium heat, swirling to combine, until the mixture sizzles. Add several chicken pieces to the pan, without crowding, and cook about 3 minutes before turning, or until the chicken is golden brown. Flip and brown the other side, then transfer to a serving platter. Repeat with the remaining chicken, adding as much oil and butter as is needed to cook it all.

Serve warm or at room temperature. Leftovers are great chilled in a picnic lunch.