



Chicken Parmigiana with Tomato Sauce

4 skinless boneless chicken breast halves
Salt and freshly ground black pepper
1/2 cup all-purpose flour
2 eggs beaten with 1 tablespoon water
1 cup panko crumbs (or more as required)
Vegetable oil
6 ounces fresh mozzarella, thinly sliced
1 ounce parmesan cheese, grated
Fresh basil and parsley
Red pepper flakes as desired
Cooked pasta of your choice

Wash and dry chicken breast pieces and place each between two pieces of plastic. With a mallet, pound until approximately one quarter inch thick. Season on both sides of each pounded chicken breast. Dredge in flour, then dip into egg mixture making sure all sides are well coated, then coat in panko crumbs, pressing crumbs onto chicken with your fingers. Set aside and repeat with remaining chicken.

Preheat oven to 400. Place vegetable oil to a depth of a quarter inch in a large skillet and heat over medium high heat until very hot. Add chicken pieces, two at a time and fry on both sides until golden brown - about 2 minutes per side. Move to a baking sheet and repeat with remaining chicken. Top each browned chicken breast with some tomato sauce, then top with a few slices of mozzarella and a sprinkle of parmesan cheese. Bake for 5 to 7 minutes or until cheese is melted and chicken is cooked through. To plate: place approximately 1/3 cup on sauce on bottom of plate; top with piece of chicken and garnish with basil and parsley. Serve with plain pasta and pass the red pepper flakes.

Tomato Sauce:

1 tablespoons olive oil
4 ounces pancetta, diced
1 large onion, finely chopped
4 cloves garlic, minced
1 teaspoon red pepper flakes
2 teaspoons Italian seasoning
1 teaspoon dried oregano
1 teaspoon dried basil
1 bay leaf
1/2 cup marsala wine
1 teaspoon sugar
2 - 28 ounce cans whole tomatoes with juices, pureed with immersion blender
1 - 14 ounce can crushed tomatoes
1 - 6 ounce can tomato paste
Salt and freshly ground black pepper

Heat oil in a large Dutch oven and add pancetta. Cook over medium low heat until fat is rendered and pancetta is crisp. Add onion and garlic and cook until onion is soft, stirring often - about 10 minutes. Add pepper flakes, Italian seasoning, oregano, basil and bay leaf. Cook stirring for 1 minute, then add marsala wine. Cook for 30 seconds, then add sugar, tomatoes and tomato paste. Season well with salt and pepper. Bring to a boil, stirring often then reduce heat to a slow simmer and cook for 1 hour or until sauce is thickened to your preferred consistency.