



Forum: International Dishes

Topic: recipes to share

Subject: recipes to share

Posted by: Annie

Posted on: 2007/5/3 5:58:10

Here is an Italian recipe to enjoy.
Chicken Parmigiana

You'll Need:

6 chicken breast fillets
6 slices mozzarella cheese
2 large eggs
15 g butter
1/2 cup grated parmesan cheese
bit less than 1/4 teaspoon garlic powder
1/4 teaspoon dries basil
1 cup dried breadcrumbs
1 teaspoon salt
pinch black pepper
1/2 cup vegetable oil
1x 400 g tomato puree

Directions :

1. Prepare baking dish, spray with non stick cooking oil. Preheat the oven to 180 deg. c. 2. Place eggs, salt, and pepper in a bowl and whisk until blended. Dip chicken in mixture and then coat with bread crumbs. 3. Place oil in frypan and add the chicken and cook at medium to hot. Cook until browned on both sides, about 3-4 minutes per side. Remove from the pan and drain. Now arrange the chicken in dish. 4. Using a paper towel wipe the fry pan, Combine tomato puree, basil, and garlic powder and mix well. Bring to the boil, stirring occasionally; reduce the heat. 5. Stirring occasionally, simmer until mixture thickens, around 5-6 minutes. Now stir in the butter. Pour over the chicken and sprinkle with parmesan. 6. Place in the oven and bake for 30 minutes covered, remove cover and top with mozzarella cheese. Cook for 10 minutes more or until cheese melt Chicken Parmigiana