

Idiot's Kitchen Recipe – Chicken Puttanesca

Recipe from www.idiotskitchen.com



Ingredients:

For the Puttanesca Sauce:

2 Tablespoons olive oil
1 tin (8-10 fillets) anchovies, drained from oil and chopped
½ teaspoon red pepper flakes
5-6 cloves garlic, finely chopped
1 medium onion, chopped (about 1 cup)
2 (14 ounce) cans diced tomatoes and their juices
½ cup pitted calamata olives, chopped
2 Tablespoons capers, drained
1-2 Tablespoons tomato paste
Fresh Parsley for garnish
Salt & Pepper

For the Chicken Cutlets - Chicken Milanese

3 chicken breast halves – trimmed and cut horizontally into 6 cutlets
2-3 Tablespoons olive oil
¾ cup flour
2 eggs
1 cup dried bread crumbs (plain or Italian seasoned)
1 cup shredded parmesan/romano cheese
Salt & Pepper

Starting with a cold skillet, add 2 Tablespoons of olive oil, 5-6 cloves of finely chopped garlic, a tin of anchovies (drained and chopped), and ½ teaspoon of red pepper flakes and warm together over medium heat. By starting cold, you infuse the oil with the garlic and pepper flakes without the risk of burning them. When the pan starts to sizzle, about 1 minute, turn the heat up to medium high and add the chopped onion. Sauté the onion about 5 minutes until tender but not browned. Add 2 (14 ounce) cans of diced tomatoes and their juices. Stir to combine, bring to a boil, then reduce the heat to low and

Chicken Puttanesca (cont.)

simmer while you prepare the chicken. Note: If your sauce starts to get too dry, put a lid on while it simmers.

Prepare the chicken by trimming off any excess fat or cartilage from each breast half. Working very carefully, place one hand on top of the chicken to keep it steady while you cut horizontally through the breast with a sharp knife. This is easiest if you start at the thicker end of the chicken and keep your knife blade parallel to the cutting board. Cut each breast into 2 thin cutlets.

Make a breading station in 3 shallow dishes. In the first dish, combine $\frac{3}{4}$ cup flour with salt & pepper. In the second, lightly beat 2 eggs with salt & pepper. In the third, combine 1 cup bread crumbs and 1 cup shredded parmesan or romano cheese.

To bread the chicken, dip or dredge each cutlet first in flour on both sides, gently shaking off any excess. Then dip it in the egg mixture allowing any excess to drip off. Finally coat both sides in the breadcrumb/cheese mixture using your fingers to gently press the crumbs into the chicken.

Heat 2-3 Tablespoons of olive oil in a large non-stick skillet over medium high heat. Working in batches so you don't over crowd the pan, brown the breaded chicken cutlets 3-4 minutes per side until golden brown and cooked through. Keep the cooked cutlets in a warm oven until all have been cooked and while you finish the sauce.

To finish the Puttanesca Sauce, add $\frac{1}{2}$ cup of chopped calamata olives and 2 Tablespoons of drained capers to the sauce. Depending on the thickness of your sauce, add 1-2 Tablespoons of tomato paste to thicken. Season to taste with salt & pepper but remember that the anchovies, olives, and capers are all quite salty so be sure to taste before and while seasoning.

Serve each cutlet with a heaping spoonful of Puttanesca Sauce and sprinkle with chopped parsley or basil.

Serves 4-6.