

Chef Anthony's Chicken Parmigiana shopping ingredients. (Gluten free option)



Preparing for two

For the Chicken Parmigiana

- 1 lb Chicken breast skinless boneless (organic best quality)
- 1 lb Breadcrumbs (no seasoning) *Gluten free breadcrumbs for gluten free option*
- 3 oz All purpose flour *(corn starch or rice starch for gluten free option)*
- 1 # 2 egg
- 1 oz Mozzarella cheese
- 2 oz Parmigiano Reggiano 24month old, grated
- 1 Fresh plant of thyme or bunch of it
- 1 bottle extravergin olive oil
- 7 fl oz clarified butter

Utensils: Microplane grater, 2 mixing bowls, 2 oven tray, large frypan slotted spoon, kitchen tweezers-tongs, eggbeater, 2 kitchen use containers or plates, paper roll

For the tomato Sauce

- 1 Can of San Marzano tomatoes DOP
 - 1 Garlic head
 - 1 Plant Fresh Basil (will need also for Garnish)
- Salt, ground fresh pepper



This are the two most popular brands in USA (Made in Italy)

Utensils: 1 medium saucepan, 1 kitchen mixing spoon chopping board