

Italian-American

Main Courses

Ultimate Crispy Chicken Parmesan

Prep: 20m

Cook: 25m

Σ Total: 45m

4 servings



Video ref: Babish Culinary Universe (Andrew Rea)

MISE EN PLACE / INGREDIENTS

[13]

- ☐ 2 large Boneless skinless chicken breasts, halved and pounded to 1/2-inch
- ☐ 0.75 cup Freshly grated Parmigiano-Reggiano
- ☐ 1.5 cups San Marzano tomato marinara sauce
- ☐ 0.75 cup All-purpose flour (for dredging)
- ☐ 3 cloves Garlic cloves, minced (for seasoning marinara)
- ☐ 0.5 cup Olive oil (for shallow-frying and simmering marinara)
- ☐ 0.5 tsp Freshly ground black pepper
- ☐ 1.5 cups Japanese panko breadcrumbs (Kikkoman)
- ☐ 8 oz Fresh mozzarella ball, sliced (BelGioioso)
- ☐ 0.25 cup Fresh sweet basil leaves, torn
- ☐ 2 whole Large eggs, beaten (for egg wash)
- ☐ 0.5 tsp Crushed red pepper flakes
- ☐ 1.5 tsp Kosher salt

US SUPERMARKET BRAND GUIDE

Panko Breadcrumbs: Kikkoman Panko Bread Crumbs
Airy extruded bread flakes stay crisp under sauce. • Asian or breading aisle.

Fresh Mozzarella: BelGioioso Fresh Mozzarella
High moisture content creates milky stretchy ribbons. • Deli cheese counter.

COOKING SEQUENCE & CHECKPOINTS

- 1

Pound, Season & Bread Cutlets

15 min

Pound chicken breasts to 1/2-inch thickness and season with kosher salt and black pepper. Dredge in all-purpose flour, dip in beaten eggs, and press firmly into a mixture of panko breadcrumbs and grated Parmigiano-Reggiano.

✓ Checkpoint: Heavily breaded crispy cutlets.
- 2

Simmer Garlic Marinara & Shallow-Fry at 350°F–375°F

15 min

Briefly bloom minced garlic and crushed red pepper flakes in 1 tbsp olive oil and stir into the San Marzano marinara. Heat remaining olive oil in a cast-iron skillet to 350°F–375°F (175°C–190°C) and shallow-fry cutlets for 3–4 minutes per side until deeply golden and $\geq 165^{\circ}\text{F}$ (74°C) internally. Drain on a wire rack.

✓ Checkpoint: Shatteringly crisp golden cutlet.
- 3

Center Sauce & Mozzarella

5 min

Arrange cutlets on a rimmed baking sheet, spoon the spiced garlic marinara strictly across the center of each cutlet, and drape with fresh mozzarella slices.

✓ Checkpoint: Bare crispy borders intact.
- 4

Oven Melt & Basil Finish

10 min

Bake at 425°F (220°C) for 10 minutes (or broil) until the mozzarella is molten, bubbling, and browned in spots. Garnish with torn fresh basil leaves.

✓ Checkpoint: Molten cheese with crunchy borders.

FOOD SAFETY & INTERNAL TEMPERATURE: 165°F (74°C) MANDATORY USDA SAFE MINIMUM INTERNAL TEMPERATURE FOR ALL POULTRY

USDA Poultry Safety Minimum ($\geq 165^{\circ}\text{F}$ / 74°C): Chicken breast must reach a verified internal temperature of 165°F (74°C) in the thickest part to eliminate Salmonella. Pull promptly at 165°F (74°C) to keep lean white meat moist and tender.

MASTER DONENESS CHECKPOINT:

Crackling panko borders with bubbling blistered fresh mozzarella and torn basil.

WHY IT WORKS:

Center-Saucing Technique: Spoon sauce strictly in the center, leaving the perimeter crust exposed to retain 100% of its crispy crunch.

TROUBLESHOOTING:

Soggy breading: Maintain oil between 350°F–375°F (175°C–190°C) when frying and keep thick marinara limited to the center.