

PARMESAN CHICKEN

Equipment:

Measuring Spoons

Measuring Cup

Wire Whip

Microwave safe roasting rack with cover

Ingredients:

1/2 cup finely grated Parmesan 125 ml cheese

1/2 cup fine bread crumbs 125 ml

1 tsp paprika 5ml

1/4 tsp thyme 1ml

1/4 tsp garlic salt 1ml

1 egg 1

1 tbsp water 15 ml

2 lb. chicken pieces 1 kg

Procedure:

1. Combine cheese, bread crumbs and seasonings.
2. Beat egg and water together.
3. Dip chicken pieces in egg mixture, then coat with crumb mixture
4. Arrange chicken pieces on a microwave roasting rack with meatier portions toward edge of dish.
5. Cover with plastic wrap or lid.
6. Cook at **P6** 10 - 12 minutes, or until chicken is tender.
7. Rearrange chicken once.
8. Let stand 10 minutes before serving.

Chefs Tip:

For added flavor, brown the meat in a pan on the stove top and use as the recipe states – be sure to deglaze the pan with any liquid in the recipe to extract every bit of flavor.