

DSAT Virtual Dinner
Monday, June 15, 2026
Chicken Parmesan and Caprese Salad

Tools:

cutting board
sharp knife
grater
sifter or fine mesh sieve
medium sized pot
roasting pan
skillet
mallet/meat tenderizer

Preparation Before Class:

1. If you have the time, cover your chicken breasts in buttermilk, sprinkle a little salt and pepper and marinate in the fridge for 2-4 hours before the class.
2. Assemble Ingredients.

Ingredients

3 large chicken breasts cut in half horizontally to make 6 fillets
salt and freshly ground black pepper to taste
2 eggs
1 tablespoon minced garlic
1-2 cups bread crumbs or panko crumbs
½ cup grated Parmesan cheese
2-4 tablespoons of all-purpose flour
1 cup olive oil for frying
1 cup prepared tomato sauce (use a jar of sauce or see note below to make sauce with Passata) ¼ cup fresh mozzarella grated
¼ cup chopped fresh basil
½ cup grated provolone cheese (**or just do ¾ cup of grated mozzarella**) ¼ cup grated Parmesan cheese
1 tablespoon olive oil

For The Sauce:

1 tablespoon olive oil
1 large onion chopped

2 teaspoons minced garlic
14 ounces (400 g) tomato puree (Passata)
Salt and pepper to taste
1 tablespoon of minced fresh basil
1 teaspoon sugar (optional)

For The Topping:

8 ounces (250 g) mozzarella cheese sliced or shredded
1/3 cup fresh shredded parmesan cheese
2 tablespoons fresh chopped basil or parsley

Directions:

1. If you are making your sauce, mince garlic and onions. Place oil Preheat an oven to 450 degrees F (230 degrees C).
2. If you have marinated your chicken breasts in buttermilk, blot them with a paper towel. Cut them in half length-wise and place them in a heavy Ziploc bag or between sheets of parchment paper.
3. Pound the chicken breasts with the smooth side of the mallet until it is 1/2 inch thick.
4. Season with salt and pepper.
5. Beat eggs in a shallow bowl and set aside.
6. Mix bread crumbs and 1/2 cup Parmesan cheese in a separate bowl, set aside.
7. Place flour in a sifter or strainer; sprinkle over chicken breasts, evenly coating both sides.
8. Dip flour coated chicken breast in beaten eggs. Transfer breast to breadcrumb mixture, pressing the crumbs into both sides. Repeat for each breast. Set aside breaded chicken breasts for about 15 minutes.
9. Heat 1 cup olive oil in a large skillet on medium-high heat until it begins to shimmer. Cook chicken until golden, about 2 minutes on each side. The chicken will finish cooking in the oven.
10. Place chicken in a baking dish and top each breast with about 1/3 cup of

tomato sauce. Layer each chicken breast with equal amounts of mozzarella cheese, fresh basil, and provolone cheese. Sprinkle 1 to 2 tablespoons of Parmesan cheese on top and drizzle with 1 tablespoon olive oil.

11. Bake in the preheated oven until cheese is browned and bubbly, and chicken breasts are no longer pink in the center, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Caprese Salad

INGREDIENTS

2 pounds vine-ripened tomatoes (about 4 large), sliced 1/4 inch thick

1 pound fresh mozzarella, sliced 1/4 inch thick

1/4 cup packed fresh basil or arugula leaves, washed well and spun dry

1/4 teaspoon dried oregano, crumbled, if using arugula instead of basil

3 to 4 tablespoons extra-virgin olive oil

fine sea salt to taste

freshly ground black pepper to taste

Optional: Balsamic Glaze

PREPARATION

On a large platter arrange tomato and mozzarella slices and basil leaves, alternating and overlapping them. Sprinkle salad with oregano and arugula and drizzle with oil. Season salad with salt and pepper.

Taken from epicurious.com