



Recipe of the Week

CHICKEN PARMESAN WITH BASIL

Ingredients

4 large chicken fillets
1 cup fresh breadcrumbs
1/3 cup grated parmesan cheese
1 tab chopped parsley
3 rashers bacon
90 gm butter
2 cloves garlic
1 tsp Worcestershire sauce
1/2 tsp dry mustard

Basil sauce:

1/3 cup of oil
1/4 cup white vinegar
1 clove garlic
1 cup fresh basil leaves
1/3 cup of cream
1 egg yolk
Salt and pepper

Method

1. Combine in a bowl breadcrumbs, cheese and parsley.
2. Chop bacon finely and fry in pan until crisp. Drain.
3. Add bacon to breadcrumb mixture.
4. Melt butter in saucepan, add crushed garlic, Worcestershire sauce and dry mustard.
5. Mix well, dip chicken fillets in butter mixture and place in shallow ovenproof dish.
6. Press crumb mixture on top of each fillet.
7. Bake, uncovered, in moderate oven 20 to 25 minutes.
8. Serve with Basil sauce.

Basil sauce

1. Combine in a saucepan oil, vinegar, crushed garlic, finely chopped fresh basil leaves and cream, stir until heated through.
2. Add egg yolk and stir until sauce thickens. Do not boil.
3. Season with salt and pepper.