

Chicken Milanese with Tomato and Fennel Sauce

Chicken:

- 1/3 c all purpose flour
- 2 eggs, beaten
- 1 1/4 c plain bread crumbs
- 2/3 c grated parmesan
- 4 (6 to 8 ounce) boneless skinless chicken breasts, tenderloins removed
- 1 tsp dried thyme
- 2 tsp dried basil
- 1/3 c vegetable oil
- kosher salt and freshly ground black pepper

Sauce:

- 1 Tbsp olive oil
- 2 fennel bulbs, trimmed and thinly sliced
- 2 1/2 c (12 Ozs) cherry tomatoes, halved
- 1/4 tsp kosher salt, plus more for seasoning
- 1/4 tsp freshly ground black pepper, plus more for seasoning
- 1 tsp dried thyme or 1 Tbsp chopped fresh thyme leaves
- 1/2 c mascarpone cheese, at room temperature
- 1 clove garlic, minced

For the chicken:

Put an oven rack in the center of the oven. Preheat the oven to 150 degrees. Line a baking sheet with a wire rack. Using 3 wide shallow bowls, add the flour to 1, the eggs to another and the third bowl combine the bread crumbs, parmesan cheese, basil and thyme. On a work surface, put the chicken between 2 pieces of plastic wrap and using a meat mallet, lightly pound chicken until approx. 1/4 to 1/2 inch thick. Season the chicken with salt and pepper. Dredge the chicken pieces in the flour to coat lightly, and then dip into the beaten eggs allowing the excess egg to drip off. Coat the chicken with the bread crumb mixture pressing gently to adhere.

In a large nonstick sauté pan, heat the vegetable oil over medium heat. Add 2 pieces of the breaded chicken into the oil and cook until light golden brown, about 3 to 4 minutes per side. Transfer the chicken to the prepared baking sheet and keep warm in the oven. Repeat with remaining chicken. Reserve the cooking juices in the sauté pan.

For the sauce:

Using the same sauté pan, add the olive oil to the reserved cooking juices and heat over medium heat. Add the fennel and cook, stirring frequently until softened, about 5 to 6 min. Stir in the cherry tomatoes, 1/4 tsp pepper, garlic and thyme. Cook for 5 to 6 min. until the tomatoes are tender. Remove the pan from heat. Add the mascarpone cheese and stir until the mixture is creamy. Season with salt and pepper to taste. Transfer the chicken to a serving platter and spoon the sauce over the top before serving.

Serves 4 to 6

Skewers of Mixed Meat with Pancetta and Sage

Marinade:

- 1/2 c extra virgin olive oil
- 1Tbsp freshly chopped rosemary
- 1/4 tsp freshly ground black pepper
- 2 cloves garlic, finely chopped
- 1/2 tsp salt

Meat:

- 1/4 - 1/3 lbs pork tenderloin or boneless chop cut into 8 (1-inch) pieces
- 4 slices pancetta, about 1/8 lb. each slice cut into 4 pieces
- 16 whole fresh sage leaves
- 1 large or 2 medium sweet Italian sausage links, about 1/4 lb, cut into 8 pieces
- 1/4 – 1/3 lb beef cut into 8 (1-inch) pieces (we substituted beef for lamb)
- 1/4 – 1/3 lb boneless, skinless chicken breast, cut into 8 (1-inch) pieces
- 8 (10-inch) bamboo skewers, soaked in cold water for 30 minutes
- 1/2 lemon

Note: Important to cut all meats into the same size pieces for even cooking.

For the marinade:

Combine all the ingredients in a small bowl and stir to combine; set aside.

Thread the skewers with a piece of pork, followed by a piece of pancetta (fold in half if necessary), a fresh sage leaf, a piece of sausage and a piece of beef, followed by another piece of pancetta, a sage leaf, and ending with a piece of chicken. Place skewers on a sheet pan and drizzle with marinade; turn to coat. Cover and refrigerate for 2-3 hours or overnight. Heat grill for 5 minutes. Cook for 6-8 minutes, turning every 1-2 minutes, or until browned and cooked through. Remove and then squeeze lemon over top. Let rest for 5 minutes before serving.

Serves 4

Grilled Asparagus and Melon Salad

- 2 oz thinly sliced prosciutto
- 1lb asparagus, trimmed
- 2 tsp extra virgin olive oil, plus 2 Tbsp
- 2 Tbsp fresh lemon juice
- 1/4 small melon (about 12 oz), peeled, seeded and cut into 3/4 in cubes
- 4oz fresh mozzarella or burrata cheese, cut into 3/4 in pieces
- 2 Tbsp pine nuts, toasted
- Kosher salt and freshly ground black pepper

Place an oven rack in the center of the oven. Preheat the oven to 350 degrees. Line a baking sheet with parchment paper. Place the prosciutto in a single layer on the prepared baking sheet. Bake for 12 to 14 minutes until crispy. Drain on paper towel. Chop the prosciutto into 1/4 in pieces. Place a grill pan over medium high heat or preheat a gas or charcoal grill. In a medium bowl, toss together the asparagus and 2 tsp olive oil. Season with salt and pepper. Grill 2 to 3 minutes each side until crisp-tender. In a medium bowl, combine the lemon juice and 2 Tbsp olive oil. Whisk until combined. Season with salt and pepper, to taste. Add the melon and mozzarella cheese and toss until all ingredients are combined. Arrange the asparagus on a platter. Using a slotted spoon, spoon the melon and burrata cheese on top of the asparagus. Drizzle any remaining vinaigrette over the top. Sprinkle the prosciutto and pine nuts on top and serve.

To toast pine nuts, arrange in a single layer on a baking sheet. Bake in a preheated 350 degrees oven for 8 to 12 minutes until lightly browned.

Serves 4-6