Virtual team Building
Narmi ITT
Contact Eric Thorson Eric@narmi.com
Date: September 29, 2020 at 6:30PM-8PM

Chicken Piccata

Total: 40 min
Prep: 15 min
Cook: 25 min
Yield: 2 servings

Ingredients

- 2 skinless and boneless chicken breasts, butterflied and cut in half
- Sea salt and freshly ground black pepper
- All-purpose flour, for dredging
- 6 tablespoons unsalted butter
- 5 tablespoons extra-virgin olive oil
- 1/3 cup fresh lemon juice
- 1/2 cup chicken stock
- 1/4 cup brined capers, rinsed
- 1/3 cup fresh parsley, chopped

Directions

1. Season chicken with salt and pepper.
2. Dredge chicken in flour and shake off excess.
3. In a large skillet over medium high heat, melt 2 tablespoons of butter with 3 tablespoons olive oil.
4. When butter and oil start to sizzle, add 2 pieces of chicken and cook for 3 minutes.
5. When chicken is browned, flip and cook other side for 3 minutes.
6. Remove and transfer to plate. Melt 2 more tablespoons butter and add another 2 tablespoons olive oil.
7. When butter and oil start to sizzle, add the other 2 pieces of chicken and brown both sides in same manner. Remove pan from heat and add chicken to the plate.
8. Into the pan add the lemon juice, stock, and capers.
9. Return to stove and bring to boil, scraping up brown bits from the pan for extra flavor.
10. Check for seasoning.
11. Return all the chicken to the pan and simmer for 5 minutes.
12. Remove chicken to platter.
13. Add remaining 2 tablespoons butter to sauce and whisk vigorously.
14. Pour sauce over chicken and garnish with parsley.

Virtual team Building
Narmi ITT
Contact Eric Thorson Eric@narmi.com
Date: September 29, 2020 at 6:30PM-8PM

Spaghetti Aglio E Olio

Total: 35 min
Prep: 10 min
Inactive: 5 min
Cook: 20 min
Yield: 2 servings
Ingredients

- 1 tbsp Kosher or sea salt
- 1/2 pound dried spaghetti, such as DeCecco
- 1/3 cup good olive oil
- 4 large garlic cloves, cut into thin slivers
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup minced fresh parsley
- 1/2 cup freshly grated Parmesan cheese, plus extra for serving

Directions

1. Bring a large pot of water to a boil.
2. Add 2 tablespoons of salt and the pasta and cook according to the directions on the package.
3. Set aside 1 1/2 cups of the pasta cooking water before you drain the pasta.
4. Meanwhile, heat the olive oil over medium heat in a pot large enough to hold the pasta, such as a 12-inch saute pan or a large, shallow pot.
5. Add the garlic and cook for 2 minutes, stirring frequently, until it just begins to turn golden on the edges-don't overcook it!
6. Add the red pepper flakes and cook for 30 seconds more.
7. Carefully add the reserved pasta-cooking water to the garlic and oil and bring to a simmer.
8. Lower the heat, add 1 teaspoon of salt, and simmer for about 5 minutes, until the liquid is reduced by about a third.
9. Add the drained pasta to the garlic sauce and toss.
10. Off the heat, add the parsley and Parmesan and toss well.
11. Allow the pasta to rest off the heat for 5 minutes for the sauce to be absorbed. Taste for seasoning and serve warm with extra Parmesan on the side.

Virtual team Building
Narmi ITT
Contact Eric Thorson Eric@narmi.com
Date: September 29, 2020 at 6:30PM-8PM

Roast Asparagus

Total: 35 min
Prep: 10 min
Cook: 25 min
Yield: 2 servings
Ingredients

- 1/2 pound fresh asparagus
- 1 tbsp Good olive oil
- 1/2 tsp Kosher salt, plus extra for sprinkling
- 1/4 tsp Black pepper
- 1/2 tsp granulated garlic
- 1/2 tsp fresh or dried thyme
- ¼ cup gradet parmesan or mozzarella cheese

Directions

1. Preheat the oven to 400 degrees F.
2. Break off the tough ends of the asparagus and, if they're thick, peel them.
3. Place the asparagus on a baking sheet, drizzle with olive oil, then toss to coat the asparagus completely.
4. Spread the asparagus in a single layer and sprinkle with salt, pepper, garlic, and thyme.
5. Roast the asparagus for 10 - 20 minutes, until tender but still crisp.
6. Sprinkle with cheese and serve.

Virtual team Building
Narmi ITT
Contact Eric Thorson Eric@narmi.com
Date: September 29, 2020 at 6:30PM-8PM

Garlic Bread Recipe

Prep time: 5 minutes
Cook time: 13 minutes
Yield: 2 servings
INGREDIENTS

- 1/2 16-ounce loaf of Italian bread or French bread
- 1/2 stick unsalted butter, softened
- 1 large cloves garlic, smashed and minced
- 1 tablespoon of freshly chopped parsley
- Basil, thyme, rosemary fresh or dried to taste
- 1/4 cup freshly grated Parmesan cheese

Directions:

1. Preheat oven to 350°F.
2. Prepare the garlic bread: Cut the loaf in half, horizontally. Mix the butter, garlic, and parsley together in a small bowl. Spread butter mixture over the two bread halves.
3. Bake in oven for around 10 minutes or until brown.
4. Remove bread from oven and sprinkle with parmesan and fresh or dried herbs
5. Cut bread crosswise and serve

Virtual team Building
Narmi ITT
Contact Eric Thorson Eric@narmi.com
Date: September 29, 2020 at 6:30PM-8PM

Pre Preparation (Prior to class starting):

- Measure ingredients
- Have proteins and vegetables at hand
- Pre heat oven
- Have pasta water at slow simmer

Equipment needed:

- Stove and oven
- Sharp knife and cutting board
- Measuring utensils and cup
- Saute pan
- Roasting pans (2)
- Pot for pasta
- Turner or tongs
- Serving plates

Note:

- Use recipes as shopping list
- Recipe quantities can be adjusted up as needed