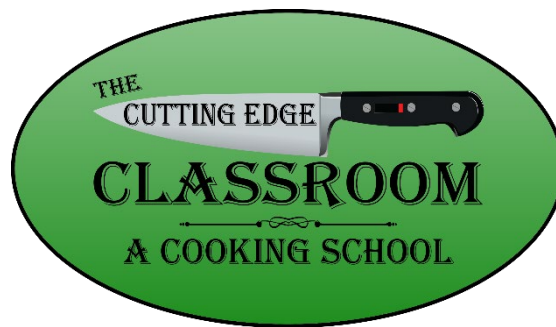


Class Date and Time: January 31, 2021, 5:00 PM ET  
Contact Person/Company: Yara Zolotukhina  
Contact Phone Number: 412-860-7131  
Contact Email: yzlotu@cap.org



## Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

**The Menu**  
**Chicken Parmesan**  
**Tiramisu**

Email: [jalunnjr@gmail.com](mailto:jalunnjr@gmail.com)  
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## Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

### Proteins

- ✓ 3 chicken breasts

### Dairy

- ✓ 2 large eggs.
- ✓ 1 cup parmesan cheese grated or shredded
- ✓ 8 oz mozzarella cheese shredded or fresh sliced
- ✓ 1 cup heavy cream
- ✓ 1 cup mascarpone cheese

### Produce

- ✓ 1 tb garlic minced
- ✓ 2 tb fresh parsley minced
- ✓ 1 onion chopped

### Pantry Items

- ✓ Salt and pepper
- ✓ 1 cup panko bread crumbs
- ✓ ½ cup Italian bread crumbs
- ✓ 1 tsp dried Italian herb mix
- ✓ ½ cup sugar
- ✓ 1 tsp vanilla extract
- ✓ 1 tb amaretto, brandy, or coffee liquor
- ✓ 2 cups espresso brewed
- ✓ 1 pack ladyfingers (Around 16 each)
- ✓ ½ lb cooked pasta
- ✓ 14 oz canned tomato puree
- ✓ ½ cup olive oil
- ✓ 1 tsp onion or garlic powder or both
- ✓ 2 tb cocoa powder

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## **Equipment Needed**

**Below is a list of tools you'll need to make the recipes in this packet.**

### **Cutlery**

- ✓ Chef knife
- ✓ Cutting board

### **Hand Tools/Gadgets**

- ✓ Measuring spoons and cups
- ✓ Silicone or wood spatula
- ✓ Mixer (Hand or stand) with whisk attachment
- ✓ Tongs
- ✓ Meat mallet

### **Cookware**

- ✓ Saute pan
- ✓ Baking dish or pan
- ✓ 8 by 8 inch pan (Or close to this size)
- ✓ 1 qt sauce pan

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### **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along
- It is helpful to organize the ingredients by recipe on rimmed baking sheets if possible
- Please pre-measure ingredients
- We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor

### **Notes:**

- At the end of this class you will have Chicken Parmesan and Tiramisu for 6
- Storing or freezing: Store tiramisu in refrigerator up to 7 days. You can store the chicken parmesan in the refrigerator for up to 7 days or freeze for up to 6 months.

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## **CHICKEN PARMESAN**

PREP: 15 MINS

COOK: 30 MINS

TOTAL: 45 MINS

SERVES: 6

### **INGREDIENTS**

For The Chicken:

- 2 large eggs
- 1 tablespoon minced garlic
- 2 tablespoons fresh chopped parsley
- Salt and pepper to season
- 3 chicken breasts halved horizontally to make 6 fillets and pounded to ½ inch thick
- 1 cup Panko breadcrumbs
- 1/2 cup breadcrumbs (Italian or golden)
- 1/2 cup fresh grated parmesan cheese
- 1 teaspoon garlic or onion powder
- 1/2 cup olive oil for frying

For The Sauce:

- 1 tablespoon olive oil
- 1 large onion chopped
- 2 teaspoons minced garlic
- 14 ounces tomato puree
- Salt and pepper to taste
- 1 teaspoon dried Italian herbs
- 1 teaspoon sugar (optional)

For The Topping:

- 8 ounces mozzarella cheese sliced or shredded
- 1/3 cup fresh shredded parmesan cheese
- 2 tablespoons fresh chopped basil or parsley

To Serve:

- 1/2 pound cooked pasta

### **INSTRUCTIONS**

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#### For The Chicken:

1. Preheat oven 430°F | 220°C. Lightly grease an oven tray (or baking dish) with non stick cooking oil spray; set aside.
2. Whisk together eggs, garlic, parsley, salt and pepper in a shallow dish. Add chicken into the egg, rotating to evenly coat each fillet in the mixture. Cover with plastic wrap and allow to marinate for at least 15 minutes.
3. When chicken is ready for cooking, mix bread crumbs, Parmesan cheese and garlic powder together in a separate shallow bowl. Dip chicken into the breadcrumb mixture to evenly coat.
4. Heat oil in a large skillet over medium-high heat until hot and shimmering. Fry chicken until golden and crispy, (about 4-5 minutes each side).
5. Place chicken on prepared baking tray / dish and top each breast with about 1/3 cup of sauce (sauce recipe below). Top each chicken breast with 2-3 slices of mozzarella cheese and about 2 tablespoons parmesan cheese. Sprinkle with basil or parsley.
6. Bake for 15-20 minutes, or until cheese is bubbling and melted, and the chicken is completely cooked through.

#### For The Sauce:

1. Heat oil in a medium-sized pot. Fry onion until transparent (about 3 minutes), then add the garlic until fragrant (about 30 seconds).
2. Add the tomato puree, salt and pepper to taste, Italian herbs and sugar. Cover with lid to simmer for about 8 minutes, or until sauce has thickened slightly. Taste test and adjust salt and pepper, if needed.

#### NOTES

- For this recipe we use both chicken thighs and breasts.
- Serve with pasta

#### NUTRITION

Calories: 560kcal | Carbohydrates: 25g | Protein: 31g | Fat: 36g | Saturated Fat: 11g | Cholesterol: 139mg | Sodium: 203mg | Potassium: 665mg | Fiber: 2g | Sugar: 6g | Vitamin A: 965IU | Vitamin C: 12.6mg | Calcium: 423mg | Iron: 3.2mg

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### **Easy 10-Minute Tiramisu**

Prep Time: 10 mins

Total Time: 10 mins

Servings: 6 servings

My 10-Minute Tiramisu recipe takes all the fuss out of a classic Tiramisu by simplifying the method while delivering you maximum delicious results!

#### Ingredients

- 1 cup heavy whipping cream
- 1 cup mascarpone cheese, room temperature
- 1/3 cup sugar
- 1 teaspoon vanilla extract
- 1 tablespoon Amaretto, Brandy, or coffee liquor
- 2 cups espresso or STRONG coffee at room temperature
- 1 pack Ladyfingers
- Cocoa powder for dusting the top

#### Instructions

1. Beat whipping cream, sugar, and vanilla until soft peaks form.
2. Add in mascarpone cheese and amaretto (if using) and continue to whip to stiff peaks.
3. Dip ladyfingers in coffee (and brandy if using) and place in an 8×8 pan to make the first layer – you can fit about 7 cookies in each layer. Don't let them soak as they will fall apart, just a quick dunk in the coffee is enough.
4. Spread half of the whipped cream mixture on top of the first layer of ladyfingers. Repeat process with the second layer of ladyfingers and cream mixture.
5. Dust the top of dessert with cocoa powder using a sieve. Refrigerate for about 2-4 hours (it gets even better in the fridge and is a perfect make-ahead dessert).

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