

# **Recipes**

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By  
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## **FULL MEAL RECIPE FEATURING HERB & PARMESAN CRUSTED CHICKEN CUTLETS**

### **SALAD COURSE:**

#### **Lemon Arugula & Fennel Salad**

### **INGREDIENTS**

4 cups baby arugula  
1 small fennel bulb, thinly sliced  
1 small cucumber, thinly sliced  
1/4 cup shaved Parmesan  
2 tbsp toasted pine nuts (or chopped almonds)  
2 tbsp extra-virgin olive oil  
Juice of 1 lemon (about 2 tbsp)  
1 tsp Dijon mustard  
Salt and freshly ground black pepper to taste

### **PREPARATION**

Whisk olive oil, lemon juice, Dijon, salt and pepper to make a bright vinaigrette. Toss arugula, fennel, cucumber and pine nuts with dressing until lightly coated. Finish by tossing in shaved Parmesan.

### **PRESENTATION**

Serve on chilled plates; mound salad slightly off-center. Add a thin lemon wheel on the rim and a light drizzle of olive oil over the greens.

### **ENTREE — HERB & PARMESAN CRUSTED CHICKEN CUTLETS (FEATURED)**

### **INGREDIENTS (SERVES 4)**

4 boneless, skinless chicken cutlets (about 4–6 oz each)  
Salt & pepper  
1/2 cup all-purpose flour  
2 large eggs, beaten  
1 cup panko breadcrumbs  
1/2 cup finely grated Parmesan cheese  
2 tbsp finely chopped fresh parsley  
1 tbsp finely chopped fresh thyme (or 1 tsp dried)

**1 tbsp finely chopped fresh rosemary (or 1/2 tsp dried)**  
**Zest of 1 lemon**  
**1/4 cup olive oil + 2 tbsp butter (for pan-frying)**  
**Lemon wedges (for serving)**

#### **PREPARATION**

**Pat cutlets dry and season both sides with salt and pepper. If thick, gently pound to even thickness (~1/2 inch).**

**Prepare three shallow dishes: flour; beaten eggs; mixture of panko, Parmesan, herbs, lemon zest, and a pinch of salt.**

**Dredge each cutlet: flour → shake off excess → egg → press into panko-Parmesan mixture, coating evenly.**

**Heat olive oil and butter in a large skillet over medium heat until shimmering. Add cutlets (work in batches if needed).**

**Cook 3–4 minutes per side until golden brown and internal temperature reaches 165°F (74°C). Drain briefly on a wire rack or paper towel.**

**Rest 3 minutes before serving; squeeze fresh lemon over each cutlet.**

#### **PRESENTATION**

**Arrange 1 cutlet per plate, lean slightly against a mound of one side dish.**

**Garnish with chopped parsley, extra Parmesan shavings, and a lemon wedge.**

### **SIDE DISH A — GARLIC & HERB ROASTED BABY POTATOES**

#### **INGREDIENTS**

**1.5 lb baby potatoes, halved**  
**2 tbsp olive oil**  
**4 garlic cloves, minced**  
**1 tbsp fresh rosemary, chopped**  
**Salt & pepper to taste**  
**1 tbsp chopped parsley (finish)**

#### **PREPARATION**

**Preheat oven to 425°F (220°C). Toss potatoes with oil, garlic, rosemary, salt and pepper.**

**Spread in a single layer on a baking sheet. Roast 25–30 minutes until golden and tender, turning once.**

**Sprinkle parsley before serving.**

#### **PRESENTATION**

**Serve in a shallow bowl or alongside the cutlet; sprinkle with flaky sea salt and a sprig of rosemary.**

## **SIDE DISH B — SAUTÉED GREEN BEANS WITH ALMONDS & LEMON**

### **INGREDIENTS**

1 lb green beans, trimmed  
1 tbsp olive oil  
1 tbsp butter  
1/4 cup sliced almonds, toasted  
1 garlic clove, thinly sliced  
Zest and juice of 1/2 lemon  
Salt & pepper

### **PREPARATION**

Blanch green beans in boiling salted water 2–3 minutes, then shock in ice water; drain.

In a skillet, heat oil and butter. Sauté garlic until fragrant (30 sec). Add beans and toss to heat.

Add lemon zest, lemon juice, toasted almonds, salt and pepper; toss and remove from heat.

### **PRESENTATION**

Arrange beans in a neat bundle beside the cutlet, scatter extra toasted almonds on top and a light lemon zest finish.

## **5) Dessert — Honey & Mascarpone Panna Cotta with Berries**

### **INGREDIENTS**

1 1/2 cups heavy cream  
1/2 cup whole milk  
1/4 cup honey (plus extra to drizzle)  
2 tsp vanilla extract  
1 packet (about 2 1/4 tsp) powdered gelatin  
3 tbsp cold water (to bloom gelatin)  
1/2 cup mascarpone (optional, for silkiness)  
1 cup mixed berries (strawberries, raspberries, blueberries)  
Mint leaves for garnish

### **PREPARATION**

Sprinkle gelatin over cold water; let bloom 5 minutes.

Warm cream, milk and honey gently (do not boil). Stir in vanilla. Remove from heat; whisk in bloomed gelatin until dissolved. If using mascarpone, whisk until smooth and fully incorporated.

Pour into 4 serving glasses or molds. Chill 4 hours or until set. Top with fresh berries and a drizzle of honey before serving.

Presentation

**Serve panna cotta in clear glasses so layers show; top with berries, a mint sprig and a light honey drizzle.**

#### **WINE PAIRING**

##### **RECOMMENDED WINE: RECANATI CHARDONNAY**

**This Recanati Chardonnay (from the approved list) offers a balanced body and enough richness and subtle oak/fruit character to complement the herb-parmesan crust, buttery notes from the cutlets and roasted potatoes, and the creamy panna cotta dessert without overpowering the meal.**