

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING CHICKEN CUTLET PARMESAN WITH SPAGHETTI MARINARA

SALAD COURSE:

ARUGULA & CHERRY TOMATO SALAD WITH PARMESAN SHAVINGS

INGREDIENTS

4 cups baby arugula

1 cup cherry tomatoes, halved

1/4 small red onion, thinly sliced

2 tbsp extra-virgin olive oil

1 tbsp aged balsamic vinegar

1 tsp Dijon mustard

Salt and freshly ground black pepper, to taste

1/4 cup shaved Parmigiano-Reggiano

Optional: toasted pine nuts or sliced baguette croutons (2 tbsp)

PREPARATION

Whisk olive oil, balsamic, Dijon, salt and pepper in a small bowl.

In a large bowl, combine arugula, cherry tomatoes, and red onion. Toss with dressing just before serving.

Top with Parmigiano shavings and the optional pine nuts or croutons.

PRESENTATION

Arrange the dressed salad in shallow bowls. Finish with a few large Parmesan shavings and a light drizzle of extra-virgin olive oil. Serve chilled alongside the main course.

ENTREE — CHICKEN CUTLET PARMESAN WITH SPAGHETTI MARINARA (THIS USES DELAWARE'S BREADED READY-TO-COOK CHICKEN CUTLETS)

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INGREDIENTS

4 breaded chicken cutlets (ready-to-cook)

2 cups marinara sauce (homemade or quality store-bought)

8 oz spaghetti (or pasta of your choice)

1 1/2 cups shredded mozzarella

1/2 cup grated Parmigiano-Reggiano

2 tbsp olive oil (for pan-finish)

1/4 cup fresh basil, torn

Salt and pepper to taste
Optional: pinch crushed red pepper

PREPARATION

Cook pasta: Boil salted water and cook spaghetti until al dente. Reserve 1/2 cup pasta water, drain. Toss with a little marinara and set aside, keeping warm.

Cook chicken cutlets: Preheat oven to 400°F (200°C). In a large ovenproof skillet, add 1–2 tbsp olive oil over medium-high heat. Pan-sear the breaded cutlets 2 minutes per side just to brown (they are pre-breaded). Transfer skillet (or a baking sheet) to oven and bake 8–10 minutes until internal temperature reaches 165°F and coating is crisp.

Assemble: Spoon a thin layer of marinara over each cutlet, top with shredded mozzarella and a sprinkle of Parmigiano. Return to oven for 3–5 minutes until cheese melts and bubbles.

Finish: Remove from oven, sprinkle torn basil and a grind of black pepper. If sauce needs thinning, use reserved pasta water.

PRESENTATION

Place a nest of spaghetti lightly sauced on each plate. Lay a Chicken Cutlet Parmesan on top or to the side. Spoon extra marinara around the plate, finish with extra basil and a dusting of Parmigiano. Serve immediately.

SIDE DISH 1

GARLIC-PARMESAN SAUTÉED GREEN BEANS

INGREDIENTS

1 lb fresh green beans, trimmed
2 tbsp olive oil
3 garlic cloves, thinly sliced
2 tbsp grated Parmigiano-Reggiano
Salt and pepper to taste
Lemon wedge (optional)

PREPARATION

Blanch green beans in boiling salted water 2–3 minutes until bright green; shock in ice water and drain.

Heat olive oil in a skillet over medium heat. Add garlic until fragrant (30–45 sec), add green beans, sauté 2–3 minutes until heated through and slightly blistered. Toss with Parmigiano, season with salt and pepper and squeeze lemon if using.

PRESENTATION

Arrange green beans in a small side bowl or alongside the entree. Sprinkle with a little extra Parmigiano and a lemon wedge on the side.

Side Dish 2 — Creamy Polenta with Butter and Herbs

Ingredients

4 cups water (or 2 cups water + 2 cups low-sodium chicken stock for extra flavor)
1 cup coarse polenta (cornmeal)
2 tbsp butter
1/3 cup grated Parmigiano-Reggiano
1 tsp chopped fresh rosemary or thyme, finely chopped
Salt and pepper to taste

PREPARATION

Bring liquid to a boil, slowly whisk in polenta. Reduce heat to low and stir often until thick and creamy (20–25 minutes for coarse polenta).
Stir in butter, Parmigiano, herbs, and season to taste.

PRESENTATION

Spoon a warm pool of polenta on the plate and place the cutlet partially over it. Garnish with a sprig of fresh herb and a small grate of Parmigiano.

DESSERT — LEMON RICOTTA MASCARPONE CREAM WITH SHORTBREAD CRUMBS

INGREDIENTS

1 cup ricotta cheese
1/2 cup mascarpone
2–3 tbsp powdered sugar (adjust to taste)
Zest of 1 lemon + 1 tsp lemon juice
1/2 tsp vanilla extract
4 shortbread cookies, crushed (or amaretti)
Fresh berries (strawberries, raspberries) to garnish
Mint leaves for garnish

PREPARATION

Whisk ricotta, mascarpone, powdered sugar, lemon zest, lemon juice and vanilla until smooth and light. Chill 15–30 minutes.
Place crushed shortbread in serving glasses, spoon the lemon cream on top, garnish with berries and mint.

PRESENTATION

Serve in small dessert glasses or bowls with a sprinkle of cookie crumbs and a berry on top. Chill until serving.

Wine Pairing — RECANATI CHARDONAY

Why this wine

Recanati Chardonnay brings bright citrus and stone-fruit notes with moderate body and a touch of creaminess that complements the breaded chicken's golden crust and the melted mozzarella without overpowering the tomato sauce. Its acidity lifts the tomato brightness and cleanses the palate between bites, while its subtle oak/cream character echoes the polenta and Parmesan notes in the meal.