

chicken parmigiana recipe jamie oliver

Chicken parmigiana recipe Jamie Oliver is a classic dish that combines the flavors of crispy chicken, rich tomato sauce, and melted cheese. Jamie Oliver, the renowned British chef and food activist, has put his own unique spin on this Italian favorite, making it accessible and delicious for home cooks everywhere. In this article, we will explore the traditional elements of chicken parmigiana, how Jamie Oliver's recipe stands out, and offer step-by-step instructions to help you create this delightful dish in your own kitchen.

What is Chicken Parmigiana?

Chicken parmigiana, also known as chicken parmesan, originates from Italy but has become a beloved dish in many countries, particularly in the United States and Australia. The dish typically consists of breaded and fried chicken cutlets topped with marinara sauce and cheese, often served with pasta or a side salad. The combination of textures and flavors—from the crispy chicken to the gooey melted cheese—makes this dish a comfort food favorite.

Jamie Oliver's Take on Chicken Parmigiana

Jamie Oliver's chicken parmigiana recipe stands out for its emphasis on fresh, high-quality ingredients and a few innovative twists. He focuses on making the dish healthier without sacrificing flavor, often opting for oven-baked chicken rather than the traditional frying method. This not only reduces the amount of oil used but also allows the flavors to shine through more clearly.

Key Ingredients

To prepare Jamie Oliver's chicken parmigiana, you will need the following ingredients:

- Chicken breasts: Boneless and skinless are preferred for easy preparation.
- Breadcrumbs: Freshly made or store-bought; whole-grain options can be used for added texture.
- Parmesan cheese: Freshly grated for the best flavor.
- Mozzarella cheese: For that classic gooey topping.
- Tomato sauce: Homemade or a quality store-bought option.
- Fresh basil: Adds a lovely aromatic flavor.
- Eggs: For binding the breadcrumbs to the chicken.
- Olive oil: Used for drizzling and cooking.
- Salt and pepper: For seasoning.

Optional ingredients include garlic, onion, and various spices or herbs to enhance the sauce.

Step-by-Step Guide to Making Chicken Parmigiana

Now that we have covered the essential ingredients, let's walk through the process of making Jamie Oliver's chicken parmigiana.

Preparation

1. Preheat the Oven: Begin by preheating your oven to 200°C (400°F). This ensures that your chicken will cook evenly and thoroughly.
2. Prepare the Chicken:
 - Take the chicken breasts and place them between two sheets of plastic wrap or parchment paper.

Using a meat mallet or rolling pin, gently pound the chicken to an even thickness of about 1.5 cm (0.6 inches). This will help the chicken cook evenly.

- Season both sides of the chicken with salt and pepper.

3. Set Up the Breading Station:

- In one bowl, beat a couple of eggs. In another bowl, place the breadcrumbs mixed with grated Parmesan cheese, salt, and pepper. You can also add herbs like oregano or thyme to the breadcrumb mixture for extra flavor.

4. Bread the Chicken:

- Dip each chicken breast first in the beaten egg, allowing any excess to drip off.
- Then, coat the chicken in the breadcrumb mixture, pressing down to ensure it adheres well. Repeat this for all chicken breasts.

Cooking the Chicken

5. Bake the Chicken:

- Arrange the breaded chicken breasts on a baking tray lined with parchment paper. Drizzle a little olive oil over the top to help them crisp up in the oven.
- Bake in the preheated oven for approximately 20-25 minutes, or until the chicken is golden brown and cooked through. You can flip them halfway through for even browning.

Prepare the Sauce

While the chicken is baking, you can prepare the tomato sauce:

6. Make the Tomato Sauce:

- In a saucepan, heat a splash of olive oil over medium heat. Add finely chopped onion and garlic, sautéing until softened.

- Pour in your tomato sauce and let it simmer for about 10-15 minutes. Add chopped fresh basil and season with salt and pepper to taste.

Assemble the Dish

7. Layer the Chicken:

- Once the chicken is cooked, remove it from the oven. Spoon a generous amount of tomato sauce over each chicken breast.
- Add slices of mozzarella cheese on top of the sauce, and sprinkle more grated Parmesan cheese to enhance the flavor.

8. Final Bake:

- Return the assembled chicken to the oven and bake for an additional 10 minutes, or until the cheese is melted and bubbly.

Serving Suggestions

Once your chicken parmigiana is ready, it's time to serve it up! Here are a few suggestions on how to present this dish:

- With Pasta: Serve your chicken parmigiana over a bed of spaghetti or penne tossed in a light olive oil or additional tomato sauce.
- With a Salad: Pair it with a fresh green salad dressed with balsamic vinaigrette for a lighter option.
- With Garlic Bread: Complement the meal with a side of garlic bread to soak up the delicious sauce.

Tips for Perfecting Your Chicken Parmigiana

To ensure that your chicken parmigiana turns out perfectly every time, consider these tips:

- Use Quality Ingredients: Fresh chicken, homemade sauces, and good-quality cheese will elevate the dish.
- Experiment with Flavors: Don't hesitate to add your favorite herbs or spices to the breadcrumb mixture or sauce for a unique twist.
- Avoid Overcrowding the Baking Tray: Ensure that the chicken pieces are not touching each other on the tray to allow for even cooking and crisping.

Conclusion

In conclusion, Jamie Oliver's chicken parmigiana recipe is an excellent way to enjoy a classic dish with a modern twist. By baking the chicken instead of frying it, using fresh ingredients, and incorporating flavorful sauces, you'll create a meal that's both satisfying and healthier. Whether you're cooking for family, friends, or just for yourself, this recipe is guaranteed to impress. So roll up your sleeves, gather your ingredients, and enjoy the delightful experience of making chicken parmigiana at home!

Frequently Asked Questions

What are the main ingredients in Jamie Oliver's chicken parmigiana recipe?

The main ingredients include chicken breasts, breadcrumbs, parmesan cheese, mozzarella cheese, passata (tomato sauce), and fresh basil.

How does Jamie Oliver suggest preparing the chicken for the parmigiana?

Jamie recommends flattening the chicken breasts to an even thickness, then coating them in flour, beaten eggs, and breadcrumbs before frying.

What type of cheese does Jamie Oliver use in his chicken parmigiana?

He typically uses parmesan for the crust and mozzarella for the topping to ensure a gooey, melted finish.

Does Jamie Oliver include any specific herbs or spices in his chicken parmigiana?

Yes, he often adds fresh basil and sometimes uses dried oregano or garlic to enhance the flavor of the dish.

What is the cooking method for Jamie Oliver's chicken parmigiana?

The chicken is first pan-fried until golden, then layered with sauce and cheese before being baked in the oven until bubbly.

Can the chicken parmigiana recipe be made healthier according to Jamie Oliver?

Yes, Jamie suggests using whole grain breadcrumbs, baking instead of frying, and adding more vegetables to the sauce for a healthier version.

What side dishes does Jamie Oliver recommend serving with chicken parmigiana?

He often suggests serving it with a simple green salad, roasted vegetables, or pasta to complement

the dish.

Is there a vegetarian alternative to Jamie Oliver's chicken parmigiana?

Yes, Jamie has versions using eggplant or portobello mushrooms as a substitute for chicken, keeping the same sauce and cheese toppings.

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