



FLYFISH CLUB

Virtual Cooking

Classic Comforts:

Chicken Parm

Broccolini with Toasted Garlic and Chili

Caesar Salad with Garlic Croutons



Chicken Parm

Ingredients

2-4 boneless/skinless
Chicken Breast

1 box Panko Bread Crumbs -
or Seasoned Italian Bread
Crumbs

6-8 Eggs

1/2 cup Milk

4 cups AP Flour

Mozzarella Cheese

Grated Parmesan Cheese

1 can of Crushed Tomatoes
or your favorite Marinara
Sauce

Fresh Basil

Salt and Pepper

Instructions

1. Combine flour with paprika, cayenne, salt, and pepper.
2. Season chicken breasts with salt and pepper.
3. To make the egg wash, beat 6-8 eggs with 1/2 cup of milk.
4. Dredge the chicken breast in the flour then dunk it in the egg wash until it is fully coated with no bald spots.
5. Then dredge in the panko.
6. Heat up a pan of blended oil to 375f degrees on medium-high heat.
7. Shallow fry chicken for 2.5 minutes on each side until golden brown.
8. Place in an oven-safe dish on top of a thin layer of tomato sauce, top the chicken with a layer of tomato sauce then with sliced mozzarella and sprinkle with grated parmesan.
9. Put under the broiler for 2-5 minutes until you get some browning on top, remove, garnish with basil and enjoy.

Broccolini

with Toasted Garlic and Chili

Instructions

1. Bring a large pot of water to a rapid boil.
2. Season the water with 1/2 cup of kosher salt.
3. Blanch your bunch of broccolini in the boiling water.
4. Begin heating up a large sauté pan with 1/2 cup olive oil.
5. Add 2 tbsp of sliced garlic to the pan and begin toasting the garlic just until it starts to turn golden.
6. Add a pinch of crushed red chili flakes. Then add your blanched broccolini.
7. Sauté for a few minutes and finish with the zest of one lemon.

Caesar Salad

with Garlic Croutons

Caesar Vinaigrette Dressing Instructions

1. Chop your anchovies, add them to your large salad bowl and then grate your garlic into the bowl using a Microplane. If you do not have a Microplane you can chop your garlic.
2. Add the dijon, Worcestershire, and egg yolks to the bowl. Begin whisking them together with a large fork or a whisk.
3. Slowly begin drizzling in the olive oil and continue to whisk to emulsify the vinaigrette. Thin out the vinaigrette by using lemon juice and red wine vinegar.
4. Adjust the seasoning at the end.

Garlic Croutons Instructions

1. Preheat your oven to 350f.
2. Cut your log of bread into the desired size croutons.
3. Toss them in a large bowl with some finely chopped garlic, grated parmesan, and olive oil.
4. Season with salt and pepper.
5. Place on a half sheet tray and spread them out evenly.
6. Bake for 10 minutes. Then open the oven and move some of them around to get an even color. Continue to cook for another 10 minutes or so. Until they are golden and crunchy.

Ingredients

- 1 bunch Broccolini
- 2 tbsp Sliced Garlic
- Red chili flakes (crushed red pepper)
- Kosher Salt
- Olive Oil
- Lemon zest

Ingredients

- 6-7 Anchovies
- 6 cloves Peeled Garlic
- 2 large Egg Yolks
- 4 tbsp Lemon Juice
- 2 tbsp Dijon Mustard
- 1/4 cup Red Wine Vinegar
- 1.5 cup Olive Oil
- 1 tsp Worcestershire Sauce
- 1 pint of Grated Parmesan cheese
- 1 loaf of Rustic Sourdough or your favorite local bakery bread
- Salt and Pepper to taste

