



Traditionally a Chicken Parmo, short for parmesan, is a flattened piece of chicken breast, breaded then covered with béchamel sauce and parmesan shavings. So far so good, but that's not likely to be what you get 'down the chippy' late of a Saturday night. There are recipes supposedly making 'posh parmos' but these are often breaded chicken with a variety of gourmet toppings, be it eggs, parma ham or anchovies. So here's a proper posh parmo, bechamel and all. Use mozzarella in your béchamel and lots of fresh parmesan shavings to give it a distinctive flavour.

Ingredients:-

For the Breaded Chicken

2 Chicken Breasts

1 Egg

100g Plain Flour

125g Bread Crumbs

4 tbsp of vegetable oil

For the Béchamel Sauce

2 Tbsp Butter

2 Tbsp Plain Flour

280ml Milk

125g Mozzarella

For the Toppings

100g Parmesan

40g Milano Salami

Method:-

- (1) Butterfly the chicken breasts and cover with cling film. Find a heavy bottomed frying pan or dish and hit the chicken until it is quite flat. Stress releaf and a good meal all in one.
- (2) When the chicken is sufficiently flat, coat it in flour then egg then breadcrumbs so all its edges are covered.
- (3) Heat a frying pan with the vegetable oil and fry the coated chicken for 3-4 minutes on either side.
- (4) In the mean time make the cheese sauce, in a pan melt the butter and mix in the flour until it is a smooth paste. Add the milk gradually, mixing a small amount in at a time to make sure the mixture doesn?t go lumpy. Shred the mozzarella and add to the sauce, continue to stir until it is completely melted.
- (5) Place the fried chicken pieces in a oven-proof dish, scatter the chopped salami on the top and cover with the sauce and top with grated parmesan.
- (6) Cook in the oven for about 20 minutes until the top is crispy and the cheese is completely melted.

Maybe, just maybe you can.....