

Three-Way Chicken Cutlets

ADVANCE MEAL PREPARATION FOR PEOPLE WITH HECTIC SCHEDULES

Simplify mealtime by cooking delicious chicken cutlets in advance and vacuum packaging them with FoodSaver. The next time dinner rolls around and you're out of ideas, open the freezer to start a tasty homemade meal that serves four--without the extra step, and clean-up, of cooking chicken. Our special Dinner Recipes for the cutlets are on page 3 and 4, after the master recipe.

Master Recipe

Three-Way Chicken Cutlets

Make three chicken cutlet variations using 10 to 12 boneless, skinless chicken breasts. Vary the seasonings for our special dinner recipes, Chicken Parmigiana, Chicken Piccata, and Chinese Chicken Salad. Make one tonight for dinner or vacuum package cutlets and freeze for later. Each variation makes a meal to serve four.

To prepare Master Recipe, allow a total of 1-1/2 hours from start to finish including clean up.

<p style="text-align: center;">Grocery List for Master Recipe</p> <p>5 pounds boneless, skinless chicken breasts (about 12 breasts) plain, unseasoned dry breadcrumbs (about 1-1/4 cups total) grated Parmesan cheese sesame seeds lemons (2) dried oregano, basil, and thyme ground ginger garlic powder salt & pepper</p>	<p style="text-align: center;">Equipment List for Master Recipe</p> <p>3 FoodSaver VacLoc bags (2 gallon bags, 1 quart) 3 medium-size shallow bowls (or pie plates or cake pans) 1 medium-small bowl for lemon juice 3 large spoons measuring spoons measuring cups citrus peel grater citrus juicer colander 2 large sheet trays (11 x 17-inches)</p>
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<p style="text-align: center;">Sesame Breading for Chinese Chicken Salad for 2 boneless chicken breasts</p> <p>2 Tbsp. plain dry breadcrumbs 3 Tbsp. sesame seeds, toasted if desired 1/2 tsp. salt 1/4 tsp. ground ginger</p>	<p style="text-align: center;">Parmesan Breading for Skillet Chicken Parmigiana for 4-5 boneless chicken breasts</p> <p>1/3 cup plain dry breadcrumbs 1/4 cup grated Parmesan cheese 1/2 tsp. each dried basil & oregano 1/4 tsp. each garlic powder, salt, and pepper</p>	<p style="text-align: center;">Lemon-Herb Breading for Simple Chicken Piccata for 4-5 boneless chicken breasts</p> <p>1/2 cup plain dry breadcrumbs Grated peel of 2 lemons 1/2 tsp. dried thyme, crushed 1/2 tsp. salt Juice of 2 lemons</p>
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1. In 3 separate bowls, combine breading ingredients for each variation, *except lemon juice*; stir well.
2. Place lemon juice in medium-small bowl.
3. Preheat oven to 450°F; arrange racks so that air will circulate between the pans.
4. Lightly oil sheet pans or use non-stick sheet pans.
5. Place all the chicken (about 5 pounds total) in a colander; remove chicken tenders from breasts. Rinse chicken but do **not** pat dry. (Vacuum package raw chicken tenders for later use, or see step 11 for instructions to cook and vacuum package them.)

Master Recipe: Three-Way Chicken Cutlets continued

6. To coat chicken:
 - Dip 2 of the largest breasts in the sesame breading, patting sesame seeds onto chicken. Place on sheet pan. (Only two large breasts are needed for Chinese Chicken Salad.)
 - Dip 4 to 5 breasts in Parmesan breading and place on sheet pan. Start second sheet pan if needed.
 - Dip remaining 4 to 5 chicken breasts in lemon juice, then in lemon-herb breading; place on sheet pan.
7. Bake in preheated 450°F oven for 20 minutes.
8. Turn chicken over and bake an additional 5 to 7 minutes or until internal temperature reaches 160°F at thickest part. Cool in pans 30 minutes.
9. Thinly slice the two sesame chicken cutlets.
10. To freeze:
 - Place sliced sesame chicken in a single layer in quart-size FoodSaver Bag and vacuum package. Label bag and freeze.
 - Place Parmesan chicken in a single layer in gallon-size FoodSaver Bag; place lemon-herb chicken in a single layer in gallon-size FoodSaver Bag. Vacuum package; label and freeze.
 - Or before vacuum packaging, make one of our recipes for dinner tonight. (*link to dinner recipes below*)
11. Dip remaining chicken tenders in any of the extra coatings. Place on sheet trays and bake in preheated oven for 10 minutes; cool. Vacuum package and refrigerate or freeze for sandwiches or salads.
12. To thaw chicken cutlets for dinner:
 - When ready to make one of our dinner recipes, follow thawing directions for that recipe.

Food Safety Tips:

Always thaw raw meats, fish, and poultry in the refrigerator.

Use hot, soapy water to wash any utensils and dishes that come in contact with raw chicken or meat. Ideally, place in dishwasher to clean.

FoodSaver Dinner Recipes: Three-Way Chicken Cutlets

CHINESE CHICKEN SALAD

Crisp, cold Chinese Chicken Salad makes a delicious light supper. Crystallized ginger is available in the spice or ethnic food sections of supermarkets and in Asian grocery stores.

Preparation Time: 20 minutes

- One FoodSaver Bag of sliced, sesame chicken cutlets**
- 3 tablespoons seasoned rice vinegar or white wine vinegar
 - 1 tablespoon soy sauce
 - 1 tablespoon honey (use only if using wine vinegar)
 - 2 teaspoons sesame oil
 - 8 cups coarsely shredded iceberg lettuce (1 medium head)
 - 1/2 cup chopped cilantro
 - 1/3 cup chopped roasted peanuts
 - 1/4 cup sliced green onions
 - 1/4 cup chopped crystallized ginger

THAW sliced cutlets in refrigerator overnight, or remove from bag and place on plate to thaw while preparing salad.

COMBINE vinegar, soy sauce, (honey, if using), and sesame oil in a small bowl.

COMBINE remaining ingredients and sliced chicken in a large bowl.

TOSS salad with dressing and serve immediately. Sprinkle with additional rice vinegar, if desired.

Makes 4 servings.

SKILLET CHICKEN PARMIGIANA

Serve this traditional Italian dish with hot cooked pasta, a tossed green salad, and crusty garlic bread. Use extra marinara sauce and Parmesan cheese if there are 5 chicken cutlets.

Preparation Time: 5 minutes

Cook Time: 15 – 20 minutes

- One FoodSaver Bag of Parmesan chicken cutlets (4 to 5 cutlets)**
- 2-1/2 cups prepared marinara sauce (one 32-oz. jar)
 - 1/3 cup grated Parmesan cheese
 - Hot cooked spaghetti or penne rigate

THAW cutlets in refrigerator overnight, or cut corner of bag and defrost in microwave on defrost setting for 10 minutes or until chicken is slightly soft.

HEAT marinara sauce in a 12-inch skillet on medium-high heat until bubbly.

PLACE thawed cutlets in sauce. Cover and simmer 10 minutes or until chicken is heated through.

SPRINKLE Parmesan cheese on each cutlet. Cover and cook for 1 minute or until cheese is melted.

SERVE each cutlet with pasta; spoon marinara sauce over cutlet and pasta.

Makes 4 to 5 servings.

FoodSaver Dinner Recipes: Three-Way Chicken Cutlets

SIMPLE CHICKEN PICCATA

This wonderful, classic dish goes well with steamed asparagus or green beans and rice pilaf.

Preparation Time: 5 minutes

Cook Time: 10-12 minutes

One FoodSaver Bag lemon-herb chicken cutlets

- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 small clove garlic, crushed
- 3/4 cup white wine (not too dry)
- 1 tablespoon drained capers

THAW cutlets in refrigerator overnight, or cut corner of bag and defrost in microwave on defrost setting for 10 minutes or until chicken is slightly soft.

ADD butter, olive oil and garlic to a 10-inch skillet.

SAUTE garlic gently over medium-low heat about 1 minute.

INCREASE heat to medium-high; add wine and capers. Boil uncovered 2 minutes.

PLACE thawed cutlets in pan. Continue to boil 5 minutes.

TURN cutlets over and cook an additional 2 to 3 minutes, or until sauce just starts to thicken.

SERVE immediately with sauce.

Makes 4 to 5 servings.

Recipes developed by Rita Held for FoodSaver • Carreiro & Held • www.FoodandWinePros.com