

# Cook it Yourself: Chicken Milanese and Pink Sauce with Pasta

Have you ever wondered what the chefs who work at your favorite restaurants, like Ginger Grill, cook for themselves at home? “Cook it Yourself” is a new feature on New Bedford Guide that involves recipes from local chefs at some of New Bedford’s finest restaurants, who will be telling you how to cook their favorite dishes at home.



Ginger Grill

**Chef:** J.T. Ghim

**Restaurant:** Ginger Grill & Tea House

**Location:** 778 Purchase St. New Bedford MA 02740

**Dish:** Chicken Milanese and Pink Sauce with Pasta

**Why?:** This is my wife’s favorite Argentinian dish. Plus, you could use the sauce twice!

**Ingredients:**

**Sauce**

- diced Tomatoes

- sliced onions
- chopped garlic
- heavy cream
- salt
- black pepper

### Milanesa

- chicken tenders/breasts
- eggs
- breadcrumbs
- slices of ham and swiss (or provolone) cheese
- pasta of your choice (penne or linguine for us)
- extra virgin olive oil
- frying vegetable oil



The chicken cooking in a pan, Milanesa-style.

### **Recipe:**

1. Saute sliced onions in a pan with oven on medium heat.
2. Add chopped garlic and saute for another minute.
3. Finally stir in diced tomatoes and cook it in low heat for 20 minutes.
4. Add salt and pepper to taste. Start boiling the water for the pasta.
5. Slice chicken into a  $\frac{1}{4}$  to  $\frac{1}{2}$  inch cutlet. Bread it using eggs and breadcrumbs.
6. Heat up frying oil in a pan and fry the chicken on medium

heat until both sides are golden brown. When finished, remove the chicken from the pan and place it on a paper towel to soak up the oil.

7. Spread a spoon full of tomato sauce on top of the chicken cutlet.

8. Add a slice of ham and Swiss/provolone cheese and throw it in the oven at 350° for 3-5 minutes until the cheese melts.

9. While that's getting ready, whip some heavy cream into the tomato sauce pan and mix it in with the pasta.

10. Get the chicken milanese out of the oven and serve yourself a plate of pasta with some pink sauce on it.

Bon appetite!