



## Chicken Cutlet



As I mentioned in another recipe, I am constantly experimenting with chicken to convert what I perceive as a blank palate to a meal that deserves repetition.

\*\*\* guga rub recipe appears below main recipe - note - this is for a larger quantity than you will need for this recipe. I like to make enough to have on hand. If you are making just for this recipe, be sure your fractional proportions are calculated correctly.

- two meaty chicken breasts
- 2 eggs beaten with a splash of milk
- flour
- panko bread crumbs
- guga rub
- shredded asiago cheese
- marinara sauce
- cooking oil
- oregano

I began with two meaty chicken breasts, and sliced them horizontally into five cutlets, maybe 1/2" to 3/4" thick, depending on what you have to work with, and how you like them.

1. Dry off the sliced cutlets with paper towels.
2. Hand-coat all surfaces with a moderate quantity of guga rub.
3. Flour all surfaces well.
4. Dip in egg, making sure all surfaces are wet.
5. Dip in panko crumbs, getting as much as you can to stick. Cover all surfaces.
6. Gently lay these on a plate, ready to cook.
  
7. Pour cooking oil into your frying pan (I like to use iron) - a bit more than 1/2 the thickness of your thickest cutlet and heat until the oil shimmers.
8. Under moderate heat, lay cutlets into the oil to cook, turning as each side browns. Be sure to leave space between each cutlet - do not crowd. Adjust your heat if the cutlets are cooking too slowly or quickly.
9. As each cutlet is done, remove from the pan and place in a plate lined with paper towels.

10. When all cutlets are done, sprinkle a small quantity of asiago cheese on the tops, especially near the edges. This first sprinkling will help hold the marinara in place.
11. Spoon some marinara sauce over the tops.
12. Finish off with another layer of asiago cheese, this layer a little heavier than the first.
  
13. Place all cutlets on a cookie sheet, and broil until the cheese melts.
14. Remove from the broiler and sprinkle some oregano on top.

**Guga Rub** (for pork, chicken, or fish)

- 1/4 cup salt (I use about 1/8 cup)
- 1/4 cup brown sugar
- 1/4 cup smoked paprika
- 1 tblsp garlic powder
- 1 tblsp onion powder
- 1 tblsp black pepper
- 1 tblsp tumeric
- 1 tsp cinnamon

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