

## Home-made Parmo

A breaded chicken escallop spread with a generous layer of béchamel sauce and topped with grated cheese.

This dish is a favourite on Teesside and is rumoured to only be available as a takeaway meal in our local area. This healthier option is a firm favourite in our house and doesn't cost the earth to buy like some family takeaways do. Its fresh, home cooked and very easy to prepare using everyday ingredients from your fridge and store cupboard.

**Ingredients:** 6 Whole Chicken Breasts  
4 oz Grated Cheddar/Mozzarella cheese (substitute with a hard cheese as a healthy alternative)  
1 pack of Golden Bread Crumbs (hand grated bread crusts are healthier)  
2eggs

**Sauce:** 1 pint of Semi Skimmed Milk  
2 tablespoon Plain White Flour  
2 oz Butter or margarine  
Salt & pepper to taste

**Preparation:** pre-grate Cheese  
place breadcrumbs in a large shallow bowl  
Beat the eggs in a second shallow bowl

## Breaded Chicken Escalope

**Method:** Place 1 chicken breast in a plastic sandwich bag and beat flat with a rolling pin (until around 5mm thick)  
Repeat with each chicken breast and place them all on a plate  
Arrange bowls of ingredients in following line order:  
Plate of chicken, bowl of egg, bowl of breadcrumbs and a baking sheet.  
Take a Chicken Breast Escalope and dip both sides in the beaten egg.  
Dip straight into breadcrumbs to cover both sides.  
Place on a baking sheet or tray.  
Repeat with all.

## Béchamel Sauce

**Method:** Melt butter or margarine in a pan.  
Remove from heat, add all the flour and beat in with a balloon whisk to form a smooth paste.  
Add milk a little at a time and return to heat, continue beating with whisk until the mixture thickens.  
Add Salt and pepper to taste

**Optional:** Try adding a tablespoon of Herb or Chive soft cheese for extra flavour.

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**Construction:** Share the béchamel out by spooning a portion of sauce onto each Chicken Escalope and spread to edges.  
Sprinkle grated cheese over them and place in the centre of the oven on 200c or gas mark 6.  
Cook until cheese goes a golden brown (around 20mins)

Serving suggestion: serve with thick cut oven ready chips and salad.