



Suffolk University Zoom Cooking Class
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Instructor: Francesca Montillo, BA '04

Website: www.thelazyitalian.com

Reach me at: francesca@thelazyitalian.com

About Francesca: I received my BA in Sociology from Suffolk University in 2004. Upon graduation, I worked for many years in the healthcare sector, eventually earning a Masters in Healthcare Administration. In late 2014, I ventured on my own, starting a business leading food and wine tours to Italy, my native land. Since that time, I have published 2 cookbooks, *The Five Ingredient Italian Cookbook* and *Pasta in a Pinch*, and have led numerous tours to various regions, and have instructed countless cooking classes, mostly in person. This year, I began offering Zoom cooking class to adept to the current situation. We hope to resume our tours in 2021.

Menu:

Chicken Saltimbocca

Peas with Shallots and Pancetta

Chicken Saltimbocca

Serves 4

Ingredients

$\frac{3}{4}$ cup flour

4 thin chicken breast cutlets, lightly pounded to $\frac{1}{8}$ -inch thickness

Salt

8 large sage leaves

4 thin slices prosciutto

3 tablespoons olive oil

4 tablespoons butter, divided

$\frac{3}{4}$ cup chicken stock

Directions

1. In a bowl, add the flour. Set aside.
2. Lightly season the chicken with salt. Place 2 sage leaves on each of the chicken breasts. Lay a slice of prosciutto over the sage. Although not required, you may stitch the prosciutto and sage into the chicken with a toothpick.
3. Dredge the chicken cutlets in the flour, shaking off any excess.
4. Add the oil and 2 tablespoons of butter to a large skillet set over medium heat. Add the chicken breasts, prosciutto side down, and cook until nearly cooked through, about 10 minutes. Flip the chicken and cook an additional 2 minutes. Transfer the chicken to a plate.
5. Add the remaining butter to the skillet. Add the chicken stock and bring it to a boil. Cook until reduced by half, about 3 minutes.
6. Return the chicken to the skillet and simmer over medium heat for an additional 2 minutes. Transfer the chicken to plates, remove the toothpicks, if using, and pour the sauce over top.

TIPS for class preparation:

- Please pound out the chicken breasts before class

Peas with Shallots and Pancetta

Serves 4 people as a side dish

Ingredients

- 1 shallot, chopped (or half small onion)
- 1 teaspoon salt
- 2 tablespoons olive oil
- 3 ounces pancetta, diced
- 12 -16 oz frozen peas
- 1 cup low-sodium vegetable broth or water (or a combination)

Directions

1. In a large sauté pan, add the onion, salt, and olive oil, and simmer for about 3 minutes.
2. Add the pancetta and allow the fat to render. Brown for several minutes longer.
3. Add the peas and broth, reduce heat to medium-low, and simmer for 20 minutes. If the peas begin to dry out, add an additional ½ cup of water.

TIPS for class preparation:

- You can buy pancetta pre-diced or buy a thick (1 inch) slice from the deli counter and diced it yourself.