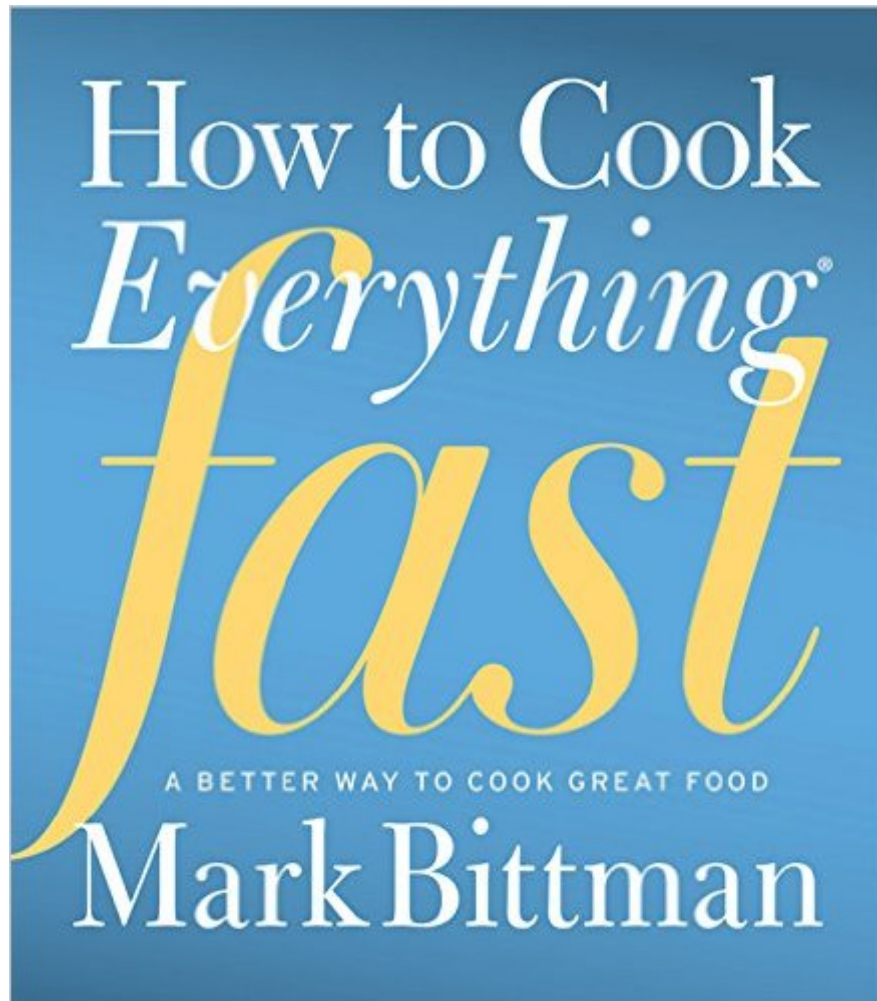


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How To Cook Everything Fast: A Better Way To Cook Great Food



Synopsis

Homemade wonton soup in 30 minutes. Chicken Parmesan without dredging and frying. Fruit crisp on the stovetop. The secret to cooking fast is cooking smartâ”choosing and preparing fresh ingredients efficiently. In *How to Cook Everything Fast*, Mark Bittman provides a game plan for becoming a better, more intuitive cook while you wake up your weekly meal routine with 2,000 main dishes and accompaniments that are simple to make, globally inspired, and bursting with flavor. *How to Cook Everything Fast* is a book of kitchen innovations. Time managementâ”the essential principle of fast cookingâ”is woven into revolutionary recipes that do the thinking for you. Youâ™ll learn how to take advantage of downtime to prepare vegetables while a soup simmers or toast croutons while whisking a dressing. Just cook as you readâ”and let the recipes guide you quickly and easily toward a delicious result. Bittman overhauls hundreds of classics through clever (even unorthodox) use of equipment and techniquesâ”encouraging what he calls âœnaturally fast cookingâ•â”and the results are revelatory. There are standouts like Cheddar Waffles with Bacon Maple Syrup (bold flavors in less time); Charred Brussels Sprout Salad with Walnuts and Gorgonzola (the food processor streamlines chopping); Spaghetti and Drop Meatballs with Tomato Sauce (no rolling or shaping); and Apple Crumble Under the Broiler (almost instant dessert gratification). Throughout, Bittmanâ™s commonsense advice and plentiful variations provide cooks with freedom and flexibility, with tips for squeezing in further shortcuts, streamlined kitchen notes, and illustrations to help you prep faster or cook without a recipe. *How to Cook Everything Fast* puts time on your side and makes a lifetime of homemade meals an exciting and delicious reality.

Book Information

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Fastest Chicken Parm from How to Cook Everything Fast Time: 30 minutes | Serves: 4 This take on the classic couldn't be easier: Instead of dredging and panfrying, you simply stack the ingredients in two stages on a baking sheet and broil. As an added bonus, the tomatoes taste fresh and juicy while the cheese and bread crumb topping stays crunchy. (For eggplant like this, see the Variations.) Photo: Fred Conrad/The New York Times

Ingredients

- 5 tablespoons olive oil
- 3 medium ripe tomatoes
- 4 boneless, skinless chicken breasts (about 2 pounds)
- Salt and pepper
- 8 ounces fresh mozzarella cheese
- 2 ounces Parmesan cheese (1/2 cup grated)
- 1 bunch fresh basil
- 1 cup bread crumbs

Step 1 Turn the broiler to high; put the rack 6 inches from the heat. Put 2 tablespoons olive oil on a rimmed baking sheet and spread it around; put the baking sheet in the broiler. -Core and slice the tomatoes. -Cut the chicken breasts in half horizontally to make 2 thin cutlets for each breast. Press down on each with the heel of your hand to flatten.

Step 2 Carefully remove the baking sheet from the broiler. Put the chicken cutlets on the sheet and sprinkle with salt and pepper. Top with the tomatoes, and broil one side only until the chicken is no longer pink in the center, rotating the pan if necessary for even cooking, 5 to 10 minutes. -Grate the mozzarella and Parmesan. -Strip 16 to 20 basil leaves from the stems. -Combine the bread crumbs, mozzarella, and Parmesan in a small bowl.

Step 3 When the chicken is cooked through, remove the baking sheet from the broiler. Lay the basil leaves on top of the tomatoes, sprinkle with the bread crumb and cheese mixture, and drizzle with 3 tablespoons olive oil.

Step 4 Return to the broiler, and cook until the bread crumbs and cheese are browned and bubbly, 2 to 4 minutes. Serve with a tossed salad.

Variation: Cubano Chicken Use sliced dill pickles instead of the tomatoes and Swiss cheese instead of the mozzarella. Omit the basil. Before putting the pickles on top of the chicken in Step 2, spread a little Dijon mustard on the cutlets. Instead of the Parmesan, mix 1/2 cup chopped ham into the bread crumb and Swiss topping.

Variation: Fastest Eggplant Parm Instead of the chicken, slice about 2 pounds large eggplant crosswise 1 inch thick. After the pan heats in Step 2, spread out the eggplant slices but not the tomatoes and turn to coat them in some oil and sprinkle with salt and pepper. Broil until softened and browned in places, about 3 to 5 minutes. Flip the

eggplant, then top with the tomatoes and proceed with the recipe from the end of Step 2.

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