

Garlic Chicken

4 egg yolks, beaten slightly
6 cloves fresh garlic, chopped
4 skinless, boneless chicken breast halves, cut into desired portions
6 tablespoons butter, melted
1 cup dry unseasoned bread crumbs
1 cup grated Parmesan cheese
1 tablespoon dried parsley
1/2 tablespoon salt
1 tablespoon ground black pepper

Drop the egg yolks, chopped garlic and chicken breasts into a zip-type plastic bag. Press out as much air as possible and seal. Massage the bag to make sure that the chicken pieces are all well coated with egg and the garlic is well distributed. Refrigerate for at least four hours, up to overnight.

Preheat oven to 400F. Place melted butter in a 9 x 13-inch glass baking dish, tipping dish until bottom of pan is coated. In a small mixing bowl, combine the bread crumbs, cheese, parsley, salt and pepper. Dredge chicken pieces in this coating mixture so they are coated well on all sides. Lay pieces in the baking dish in a single layer. Pour any remaining egg mixture over the top.

Bake for about 40 minutes, or until no pink remains in the chicken and the juices run clear.

Servings: 4 to 6.

Want really fresh garlic? Grow your own either in a flower bed or a pot. All you need is one garlic bulb to get started. If you can find one that appears to be sprouting, you'll be a bit ahead of the game.

Garlic is grown from the individual cloves that make up the bulb. Each clove will produce one plant with a single bulb that contains up to 20 garlic cloves.

Choose a garden site or spot for your pot in full sun where soil is not too damp. The cloves should be planted individually, upright, about four inches apart and about one inch under the surface.

Ideally in the U.S. and Europe, plant garlic during the last week or two of October, after the first major freeze (garlic grows well in mild climates, but the bulbs will not be as large). As garlic reaches maturity (the bulbs remain under the surface), the leaves will turn brown and begin to die away. This is the sign to pull the bulbs from the ground, leaving the foliage attached.

Do not wash. Simply hang the garlic in a cool, dry place where the air can circulate on all sides of the bulbs so they can dry properly. After a week or so, take the garlic down and brush the dirt off gently. Store your garlic in a cool, dry place. Use within 2 months for best results.