

IN THE HOT SEAT: LOWELL STANLEY



CHICKEN PARMESAN

Preheat oven to 400F. In a medium saucepan, heat 2 cups Italian-style tomato sauce with oregano over low heat. In a large bowl, combine 2 cups dry bread crumbs mixed with grated parmesan cheese to taste and coat 2 large boneless, skinless chicken breasts. In a medium pan, heat 2 tablespoons of unsalted butter and 2 tablespoons extra-virgin olive oil. Sauté the chicken breasts until they are golden brown on both sides. In a large baking dish, place a half cup of the warm tomato sauce and add the cooked chicken on top; cover the chicken with the rest of the tomato sauce and add 1/2 pound fresh mozzarella cheese and salt and freshly ground black pepper to taste. Cover and cook for approximately 10 minutes. Yields 4–6 servings.

Name: Lowell “The Hammer” Stanley **Lives in:** Virginia Beach **Originally from:** New Jersey—“Soprano Country.” In Hampton Roads for 30 years. **Job:** Attorney, “Representing the forgotten, the injured and the damned. It’s not a job, it’s an adventure ... it’s Hammer Time!” **Hobbies:** Carpentry; “Hammering anything I can get my hands on.” **Contact:** www.lowellstanley.com

You’ve seen Lowell Stanley, the grimacing, fierce-faced attorney green-screened in front of crashing vehicles and folks stumbling about in neck braces in television commercials promoting his personal injury law business. He claims that he may be an S.O.B., “But I’m YOUR S.O.B.”

Turns out that Stanley, who is flamboyant and unforgettable on screen, is just like everyone else outside the 9 to 5 world of hammering insurance companies. He wines, he dines and he loves living in Hampton Roads while staying true to his *Goodfellas* roots of New Jersey.

Do you like to cook?

Occasionally; [I will cook chicken parmesan because it’s] easy and fast. [I cook] about twice a week.

How often do you dine out? Faves in virginia beach?

Four or five times a week; I like the Aberdeen Barn; [it is] old style with waiters in tuxedos, great steaks and seafood. I love Central 111 ... great tapas, great atmosphere and the coolest bartenders in town. Zia Marie has Italian food to die for.

Favorite cookbooks?

The Original Road Kill Cookbook by Buck Peterson ... always useful to know

how to cook animals found dead by the side of the road.

Six things in your fridge?

Hard boiled eggs, Klondike bars, tofu, beef jerky, cottage cheese, kumquats.

Secret food vice?

Fave food memory? Pickled pigs feet; hot dogs at the Jersey shore.

Who would you invite to dinner, living or dead, and why?

Gerry Spence, the greatest living trail lawyer; Clarence Darrow, the greatest trial lawyer of all time; and Earl Rogers, the lawyer who represented Darrow and got him acquitted when he was accused of attempting to bribe jurors in Los Angeles in 1912.

Special occasion food?

Fave comfort food?

Beer Butt Chicken; bangers and mash.

Fave cocktail?

[A] double shot of 151 rum, chilled, with a Patron tequila chaser does the job.

Three wines in your collection now?

Fave wine or beer?

Dom Perignon 1998; Jarvis Winery 2006 Finch Hollow Vineyard Napa Valley Chardonnay; Boone’s Farm Fuzzy Navel. Favorite beer is Dos Equis ... stay thirsty, my friends!

What do you raid in the fridge at midnight?

The funny brownies.

Gross fave food

[A] peanut butter and mayonnaise sandwich.

HRM