



I MISS THE NOISE

MAX'S BREADED CHICKEN TENDERS

Serves 2-4

Ingredients:

- 1 lb. fresh chicken breast tenders or breast
- 2 whole eggs, beaten
- 1 cup AP flour-seasoned with salt and cracked black pepper
- 2 cups panko breadcrumbs, seasoned with salt and cracked black pepper
- ½ cup grapeseed or canola oil
- 1 lemon cut into wedges



PROCESS:

Place chicken tenders flat in a gallon storage bag, place the bag flat on a cutting board, making sure that the tenders are not overlapping. Using a meat mallet, lightly pound the tenders until about ¼ inch thin. If using breasts, cut each breast into three strips and use the same pounding process.

Place the seasoned AP flour in a medium bowl. Place the beaten egg in medium bowl. Place the seasoned panko breadcrumbs in another medium bowl. Roll the pounded chicken piece one by one on the seasoned flour, then dip completely into the egg, lastly, roll the chicken in the panko. Place the breaded chicken on a baking rack over a baking pan. Refrigerate the breaded chicken for 30 minutes.

Heat up the oil in a skillet over medium heat. Pan-fry the tenders, avoid over-crowding, about three minutes on each side or until golden and crisp.

Serve hot with lemon wedges.

CHEF TIPS

When doing the three-step breading method (flour, egg, breadcrumbs), always keep one hand clean so you can use it to grab anything you might need while doing the prep.

When pan-frying, check if oil is hot enough by dropping a few breadcrumbs in the pan, if the breadcrumbs sizzles, you are ready to drop the chicken.

