

Cottage Street School Iron Chef 2012 First Place Recipe

Honey Corn Flake Chicken

Submitted by the Schnitzer Family

Ingredients

Thinly sliced chicken breasts, boneless (1 lb)
4 cups Corn Flakes
½ cup flour
1 teaspoon seasoned salt
½ teaspoon black pepper
2 eggs
1 Tablespoon water
PAM
2 Tablespoons margarine, melted
Honey

Directions

Preheat oven to 400°F.

Put the Corn Flakes in a large Ziploc bag, minimize the air in the bag, and zip it up well. Crush the Corn Flakes with a rolling pin (or by sitting on a hard cover book on top of the bag on a hard surface).

Add flour, seasoned salt, and pepper into the bag with the crushed Corn Flakes and mix well. Pour this mixture into a bowl.

In a separate bowl, mix eggs and water and beat them.

Dip the chicken into the egg/water liquid and then into the Corn Flake mixture. Coat the chicken well with the Corn Flake mixture.

Lay the coated chicken onto a cookie sheet lined with aluminum foil and sprayed with PAM.

Drizzle the melted margarine over the chicken. Lightly spray PAM over the chicken so that the Corn Flake breading looks moist.

Bake the chicken for about 20 minutes until it is cooked. Then, broil it for about 2 minutes so that the coating looks crunchy, but not burnt.

Take the chicken out of the oven and drizzle it with honey.

Enjoy ☺