



PANKO

CHICKEN

Ingredients

Step 1: Parmesan Panko Crumb (serves 6)

130g Chef William panko crumb
Finely grated zest of one lemon
2 tsp dried oregano
1/2tsp onion powder
3/4tsp garlic powder
6g freshly chopped flat leaf parsley
1tsp ground turmeric
50g grated parmesan
1 tsp salt

Mix all the above ingredients together

Ingredients

Step 2: Panne Chicken Mini Fillets

1 Kg chicken mini fillets or thinly sliced chicken breasts
100g seasoned flour
2 eggs, beaten
Parmesan panko crumb
Light olive or rapeseed oil for frying

Method

1. Pat dry each chicken fillet.
2. In a shallow dish add the seasoned flour.
3. In a second dish add the beaten eggs.
4. In a third dish add the premixed seasoned panko crumb.
5. Dredge the chicken pieces on both sides in the flour making sure to shake off any excess flour.
6. Coat both sides with egg mixture, letting any excess egg drip back into the dish.
7. Transfer the coated chicken into the seasoned crumb dish, making sure to press down the chicken to coat the chicken on both sides evenly.
8. In a large frying pan heat enough oil to cover the bottom of the pan, over a medium heat.
9. Cook the chicken on both sides in batches, taking care not to overcrowd the pan.
10. The lightly coloured chicken may be completely cooked in the pan or once it starts to colour may be finished off on a tray in the oven (preheated to fan180c).



11. When the chicken has reached an internal temperature of 74c the chicken is ready to serve.
12. Serve with a Caesar dressing, great as a starter or main course.



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BREADCRUMBS

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Panko is a light, flaky breadcrumb that delivers an amazing, crispy and golden crunch. An incredibly versatile product, Panko can be used as a crunchy topping to add texture to grilled vegetables or macaroni cheese, as a breaded coating for fried foods or as a binder for meatballs or burgers. It's originates from and is regularly used in Japanese cuisine.

The Chef William brand was created over 30 years ago by Sleaford Quality Foods and named after one of our founders, Mr William Arnold.



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