

Chicken

- All chicken should be coated in baking powder and spices prior to entry into the oven
- Per 500g of meat, season with 1Tbsp of spices at least 30 minutes prior to cooking to allow flavour to absorb
- Pam or another non-stick spray is highly recommended

Breast

- Preheat oven to 425F
- Cook for 18-20 minutes

Wings

- Preheat oven to 425F
- Cook for up to 1 hour, rotating every 20 minutes

Legs

- Preheat oven to 425
- Cook for 40 minutes, flipping halfway through

Whole Bird

- Preheat oven to 350F
- Stuff chicken with lemon, herbs
- Slather the meat with butter for moisture
- Cook chicken for 25 minutes per pound

Breaded and Fried Breast/Tenders/Thighs

- Per 500g of Chicken
- 2 Cups All-Purpose Flour
- 3 Eggs
- 100g Panko
- Cooking oil
- Pour oil into a skillet, and set to **4** heat
- Beat Eggs in large bowl
- Lay 1/2 of Flour in large bowl
- Place chicken atop flour
- Cover chicken with remaining Flour
- Stir Chicken, and ensure an even coat
- Move Chicken into Eggs, and coat evenly
- Dump Flour from first bowl, and add 1/2 the Panko
- Lay Chicken atop Panko

- Pour remaining Panko over Chicken
 - Stir Chicken, and ensure an even coat
 - Place Chicken in oil-filled pan, cover, and cook **3** minutes per side
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