

Breaded Chicken Goujons



Ingredients:

- 1 Chicken Breast (To make this dish 'high skill' you will need to joint your own chicken)
- 2 Slices of White or Wholemeal Bread
- 2 Tablespoons Plain Flour
- 1 or 2 Eggs

Please bring a container to take your breaded chicken goujons home in.

Additional Ingredients:

- 1 Tablespoon Dried Mixed Herbs
- 1 Tablespoon Parmesan Cheese
- 1 Teaspoon Chilli / Curry Powder
- 1 Teaspoon Chilli Flakes
- ¼ Teaspoon Black Pepper

Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Line a baking tray with greaseproof paper.
3. Place the slices of bread into a food processor and pulse so the bread forms crumbs then scatter these onto a white plastic tray. Add any additional flavours to the breadcrumbs.
4. Crack the first egg onto a plate and beat with a fork. If you need more egg, you can later use the second egg.
5. Place the plain flour onto a plate.
6. You will need to use a red chopping board and red handled knife to prepare the chicken. If using a whole chicken, this will need to be jointed. You will use the chicken breast for the goujons.
7. Cut the chicken breast into even size strips or cubes.
8. Coat the chicken pieces in the flour.
9. Then dip the chicken pieces into the beaten egg.
10. Roll the chicken pieces in the breadcrumbs on the white tray.
11. Place on a baking tray.
12. Bake in the oven for 15 to 25 minutes until golden brown.
13. Use a food probe to check the chicken has a core temperature of 75°C. If it does not, it needs to be back into the oven until this core temperature is reached.
14. Using a fish slice move the goujons from the baking tray onto a cooling rack.