

Cornflake Fried Chicken

(Recipe adapted from *Gourmet*, July 2008)

Ingredients:

2 boneless, skinless chicken breast
1/4 cup flour
1 large egg
1/4 cup milk
2 1/2 cups cornflakes
Paprika or cayenne pepper, optional
1/3 cup vegetable oil
Salt and pepper, to taste

Directions:

Pound out chicken to 1/2 inch thickness (in a plastic bag or between two sheets of plastic wrap or wax paper).

Set up three shallow bowls. Put flour in the first and season with salt and pepper. In the second bowl, whisk together egg and milk. In the third bowl, crush cornflakes and toss with 1/4 teaspoon each of salt and pepper and cayenne and paprika to your liking (about 1/2 teaspoon) if desired.

Heat oil in a large nonstick skillet over medium heat until hot.

Meanwhile, season chicken with 1/4 teaspoon each of salt and pepper. Dredge in flour mixture, shaking off excess flour and then dip in egg mixture, then in cornflakes, pressing to help adhere.

Fry chicken, turning once, until golden and just cooked through, 5 to 6 minutes total. Internal temperature should be 160 degrees. Drain on paper towels.

*Note – I baked mine on a wire rack at 400 degrees for about 10-12 minutes, until internal temperature reached 160.

Yield: 2 servings