



DESCRIPTION

Want to learn how to make a fun, fingerlicious lunch time treat? Then follow along with Chef Kate Honeyman as she shows you how to make Chicken Fingers!

INGREDIENTS

- 1 pound chicken breast tenders, or boneless, skinless chicken breasts
- 1 cup flour
- 1 tsp salt
- 1 cup fine corn flake crumbs
- 2 eggs
- 2 tbsp vegetable oil

TOOLS

- shallow dish
- large skillet

DIRECTIONS

1. Preheat the oven to 450°F.
2. If using chicken breasts, cut the chicken into strips about 1/2 to x 3 inches.
3. In a plastic foodbag, combine the flour and salt.
4. In a shallow dish place the corn flake crumbs; in a similar dish beat the eggs well with the water.
5. Dredge the chicken strips first in the flour, coating well on all sides. Then one at time, dip in the egg and roll in the crumb mixture. Place on a rack as they are completed.
6. In a large skillet, heat about 1/8 inch vegetable oil over medium-high heat. Brown half the fingers until golden on all sides, about 5 minutes, then transfer them to cookie sheet. Add more oil to the skillet if necessary, allow to heat, and repeat with the second half of the fingers.
7. When all fingers have been browned, place in the hot oven for 5 to 8 minutes, or until crispy.
8. Serve with dipping sauces, such as bottled barbecue sauce or honey mustard sauce. (Honey mustard sauce can be made easily by combining 2 parts honey to 1 part sweet mustard.)