

Mike's Crusty Chicken

1 breast yields 2 equal servings

1 boned breast

1 egg

Salt

Pepper

Flour

Italian bread crumbs

1+ cup canola oil

Med-high sided pan

Cut breasts into approx. 1" squares – make the thick parts slightly larger than one fork-full

Salt and pepper all sides – be generous

Dredge in flour – cover evenly and shake off excess

Beat egg with a ½ table spoon of water

Dredge in egg – drain excess

Dredge in bread crumbs – get as thick a coat as you can

Fry in oil at medium+ heat until crispy – use enough oil to reach at least half way up pieces when all in pan

Goes good with marinara, fried peppers and pasta, on a salad or plain. If you use it as one of many ingredients in a sauce-based dish, add it at the last minute to keep the crust intact.

Enjoy!