

Southern Style Chicken

Equipment:

Frying pan
Egg lifter / tongs
Kitchen paper
Baking tray lined with baking paper
Medium mixing bowl or large zip lock bag
Metric measuring spoons

Ingredients:

Free range chicken thighs (1/2 per person) or
tenderloins (1 per person)
3-4 tbsp. sweet paprika
2 tsp. baking powder
½ cup plain flour
Olive oil

What to do:

- Place the chicken thighs, plain flour, baking powder and sweet paprika and a generous seasoning of salt and pepper into a zip lock bag or large mixing bowl. **(If cooking groups are large, divide this job up between pairs).*
- Shake vigorously to coat the chicken pieces if using the bags, otherwise drench each piece into the paprika / flour mixture in the mixing bowl.
- Line a baking tray with baking paper and lay out the coated chicken pieces evenly.
- Lightly brush or spray each piece with oil.
- Bake for 25-30 minutes or until chicken is cooked through.
- Swap the oven trays over halfway through cooking, to ensure even cooking.
- If chicken is cooked before other dishes are ready, turn the oven to low and keep chicken warm until just before serving.
- If necessary, cut chicken thighs in half before serving on platters (1 per table).