

Southern Style Chicken

<p>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</p>	<p>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</p>
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What to do:

1. 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).*
2. Shake vigorously to coat the chicken pieces if using the bags, otherwise drench each piece into the paprika / flour mixture in the mixing bowl.
3. Line a baking tray with baking paper and lay out the coated chicken pieces evenly.
4. Lightly brush or spray each piece with oil.
5. Bake for 25-30 minutes or until chicken is cooked through.
6. Swap the oven trays over halfway through cooking, to ensure even cooking.
7. If chicken is cooked before other dishes are ready, turn the oven to low and keep chicken warm until just before serving.
8. If necessary, cut chicken thighs in half before serving on platters (1 per table).