

ROSLYN STREET CAFE

Cornflake Chicken Serves 4
September 27, 2011

Simple Pantry items you will need are -- salt and pepper

- Cornflakes
- Russian Dressing
(if you want to make your own see the next shopping list)
- Chicken breasts boneless or bone in
(the boneless cook faster)

Russian dressing is all simple pantry items. Check to see what you have at home.

- mayo
- sour cream
- ketchup
- dijon mustard
- onion
- hot sauce
- worcestershire
- cream or milk
- relish

Happy Cooking,

Allison

Cornflake Chicken

Serves 4

Cook Time: 35 minutes at 375 degrees or until internal temp is 165
(cook time depends on size of chicken breasts - check internal temp)

Ingredients:

2 cups of cornflakes
1 cup of russian dressing
4 chicken breasts boneless or bone in

Directions: For best flavor, place chicken breast in a bowl or ziplock bag with the russian dressing, 30 minutes before cooking. If you don't have the time just coat the chicken with the sauce and continue to the next step. In a ziplock bag crunch the cornflakes up with your hands. You don't want crumbs, just smaller pieces. Remove the chicken from the bowl (you want a lot of that sauce on the chicken) and roll the chicken around in the cornflakes. Place in a oven proof baking dish and continue with the other pieces. Bake for about 35 minutes -- until the internal temp is 165.

Russian Dressing

Ingredients:

1 cup of mayonnaise
1/2 cup of sour cream
1/2 cup ketchup
2 tablespoons of grated onion
1 1/2 tablespoons dijon mustard
5 drops of hot sauce
1 teaspoon Worcestershire sauce
2 tablespoons of heavy cream or milk
2 tablespoons of relish

Directions: Add all of your ingredients to a bowl and whisk until it is evenly combined and a smooth creamy consistency. If you have a food processor use that, and mix until combined.