

Cornmeal Fried Chicken

Serves 6

This dish is great in the summer with peach salsa made from fresh peaches.



Ingredients:

- 6 pieces of boneless chicken breast (4 oz. each)
- 1/2 cup yellow corn meal
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup milk
- 2 Tbsp. vegetable oil

Equipment:

- Large skillet
- 2 flat bowls for coating chicken
- Tongs

Cornmeal Fried Chicken:

<input checked="" type="checkbox"/>	Directions	Time (min)
	In a wide flat bowl, combine 1/2 cup cornmeal, 1/2 tsp. salt, and 1/4 tsp. pepper	2
	Pour 1/4 cup milk into a second flat bowl	1
	Cut chicken breasts into six pieces, 4 oz each	2
	Heat 2 Tbsp. oil in a skillet until shimmering over medium heat	2
	Dip chicken in milk and then in the cornmeal to coat	2
	Place in hot oil and fry	10
	Turn chicken and brown both sides	10
	Set chicken on paper towel to rest. Serve with peach salsa.	4
	Total	29