

# THE CULINARY

*Playground*



## Chicken Tenders

6 chicken tenders or 1 chicken breast cut into 1" wide pieces

1 egg

1/2 Cup flour

1 teaspoon salt

1/2 teaspoon pepper

3/4 Cup seasoned breadcrumbs

2 tablespoons grated parmesan cheese

2 tablespoons vegetable oil

1 tablespoon butter, melted

Preheat the oven to 425 degrees.

Prepare the cookie sheet by pouring the oil onto it and rubbing it all over.

In a large, shallow bowl, combine the flour, salt and pepper.

Combine the bread crumbs and cheese on a plate.

In a small bowl, whisk the egg together until it is uniform in color.

Roll the chicken breasts in the flour mixture, dip in the egg, then roll the chicken pieces in bread crumbs.

Place the chicken fingers on the cookie sheet and drizzle with melted butter.

Cook for 10 minutes, then turn them over.

Cook an additional 10 minutes or until cooked and the internal temperature reaches 165 degrees.

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## **Tangy BBQ Sauce**

3 tablespoons ketchup  
2 tablespoons apple cider vinegar  
1 tablespoon yellow mustard  
1 tablespoon brown sugar  
Heaping 1/8 teaspoon garlic powder  
Heaping 1/8 teaspoon salt  
Heaping 1/8 teaspoon chili powder  
Heaping 1/8 teaspoon cayenne pepper  
Heaping 1/8 teaspoon ground black pepper  
Honey, optional to taste

Mix ketchup, vinegar, mustard, sugar, garlic powder, salt, chili powder, cayenne pepper, and black pepper together in a bowl until smooth. Taste and adjust seasoning, adding honey if desired.