

curry!

SAMPLE RECIPE
CHICKEN BREASTS SUPREME

2 whole broiler-fryer chicken breasts,
halved, boned, skinned
1/2 cup flour
1 teaspoon Ac'cent flavor enhancer
1/2 teaspoon salt
1/4 teaspoon ground black pepper

3/4 cup bread crumbs
3 tablespoons grated Parmesan
cheese
1/2 cup finely chopped dried beef*
2 eggs, beaten
1/3 cup Mazola corn oil

Mix together flour, flavor enhancer, salt and pepper. Mix together bread crumbs, cheese and dried beef. Dip chicken in flour mixture; then egg; then crumb mixture. Heat corn oil in fry pan over medium heat. Add chicken. Cook over medium heat 10 minutes each side or until done. Makes 4 servings.
*May be done in blender or grinder.