

## BREADING for Foods like Chicken, Fish, and Eggplant Parmesan

When chicken and fish are skinless, there needs to be a coating around the food to prevent it from drying out and *Breading* is the perfect solution.

Using Arnel's Originals Pancake and Waffle Mix for this purpose, gives the outside a nutty, crunchy, satisfying texture, while keeping the insides moist and tasty. Eggplant Parmesan has never tasted better!

### BREADING (For about one pound of food)

Place 1/2 cup of Arnel's Originals Pancake and Waffle Mix on a plate or flat-bottomed bowl. Use straight out of the bag!

1 egg

1 Tablespoon of mayonnaise (or a teaspoon of rice or apple cider vinegar)

Salt to taste

Oil for frying (healthy oil that is expeller pressed, not chemically extracted, is best)

Mix egg, mayo (or vinegar), and salt together and fully coat both sides with this mixture.

With a fork, lift items out of the mixture one at a time and carefully place it on the plate with the Pancake Mix

Coat both sides of the food with the Pancake Mix and place food item in a hot pan coated with 1/8th inch of oil.

Turn over when browned and cook the other side.

(Optional) Spoon a sauce (tomato or white sauce), on top off the food and serve immediately.

