

Cap'n Crunch Chicken

Fried or baked, cereal isn't just for breakfast anymore.

Ingredients for 12 Fried Chicken Nuggets:

1 boneless skinless chicken breast
3/4 cup Cap'n Crunch cereal
1 egg
3 tbsp flour
2 tbsp sparkling water
oil for frying

Ingredients for 12 Baked Chicken Nuggets:

1 boneless skinless chicken breast
1 cup Cap'n Crunch cereal
1 egg
3 tbsp flour

**Directions, Fried:**

1. Pour cereal onto a paper towel and crush into coarse crumbs. Add 1 tbsp flour to cereal crumbs and stir. Pour the other 2 tablespoons of flour onto a plate.
2. Pour beaten egg into cereal-flour mixture. Add sparkling water* to make batter. Start with a tablespoon. Stir. Add another. Stir. The consistency should be that of thick, lumpy pancake batter. *Use beer in place of sparkling water, season if desired with black pepper, onion or garlic powder, cayenne pepper.
3. Wash, dry and cut chicken into pieces. Begin heating 2-3 inches of vegetable oil over medium-high heat. The best temperature is 350-375 (F).
4. Coat chicken pieces with flour. Dredge chicken pieces in batter. Drop into hot oil and fry until golden brown; about 5-7 minutes total. Drain on paper towels and sprinkle with a little sea salt immediately. Keep hot in a pre-heated 250 (F) oven if needed.

Directions, Baked:

1. Preheat oven to 400 (F). Prepare chicken pieces and create an assembly line: Plate with 2 tablespoons of flour, bowl with beaten egg (with a splash of water) and a bowl with the crushed cereal with 1 tablespoon flour added.
2. Dredge chicken in flour. Dip in beaten egg. Roll in cereal-flour mixture.
3. Transfer chicken to a non-stick foil lined baking sheet and bake for 10-15 minutes. Place chicken under a 500 (F) broiler, if needed, for golden brown color.