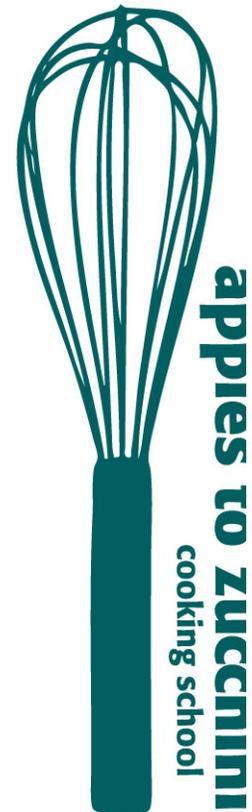


Panko Crusted Chicken Tenders and Sweet Potato Waffles

Chef Di: Wednesday 1-3 Class # 8



SKILLS LEARNED

Using a whisk
Using a waffle iron
Cracking/separating eggs
Using a hand mixer
Reading recipes
Measuring ingredients
Folding eggs

EQUIPMENT

Cutting board
Knife
List equipment used

SWEET POTATO WAFFLES

1 ½ cup flour
1/3 cup brown sugar
2 Tablespoons (TBL) baking powder
1 Teaspoon (Tsp) ground cinnamon
½ teaspoon (Tsp) kosher salt
1 ½ cup half and half
½ cup sweet potato puree
4 Tablespoons (1/2 stick) butter, melted
3 eggs, separated at room temperature
1 cup Strawberrie
Maple Syrup

PANKO CRUSTED CHICKEN TENDERS

2 packages chicken tenders (preferably organic)
1 cup buttermilk
1-2 cups panko
1 cup Grapeseed oil (for frying)

INSTRUCTIONS for Sweet Potato Waffles

1. Heat a waffle iron and spray with nonstick cooking spray.
2. Separate eggs
3. Whisk the flour, sugar, baking powder, cinnamon, and salt in a large bowl. Whisk the half and half, sweet potato puree, melted butter, and egg yolks in a separate bowl until well combined and pour into first bowl with the dry ingredients. Whisk just until smooth, do not overmix.
4. In a third bowl, beat the egg whites to medium stiff peaks with the hand mixer.
5. Stir 1/4th of the whites into the batter to lighten it, and then fold in the rest.
6. Optional : Fold in the walnuts except those reserved for garnish.
7. Pour batter onto the waffle iron and cook until golden brown. Serve with blueberries, syrup and extra walnuts on top

INSTURCTIONS for Panko Crusted Chicken Tenders

1. Put chicken tenders in a bowl with the buttermilk and let soak for a few minutes
2. In a separate bowl, put in panko.
3. Dip chicken tenders in panko and lay out on paper towel, sprinkle with Kosher salt/pepper
4. Heat oil in pan (or you can use a deep fryer)
5. Cook chicken in hot oil until golden brown and cooked all of the way through