

# 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 1/4<sup>th</sup> 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