



Pudding Pie
Cookery School

Cookery parties and courses to suit all ages

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Chicken Goujons

serves 4

2 medium sized chicken fillets, skin removed

100ml milk

2 eggs

25g flour

50g breadcrumbs

Salt and pepper

Fresh chopped herbs, optional

- Cut the chicken into equal sized strips.
- Add some salt, pepper and herbs into the flour
- Mix the milk and eggs together
- Pass the chicken strips through a coating of flour, then egg and the breadcrumbs
- Either deep fry 185 degrees Celsius or in the oven until golden about 10 minutes on each side.