

Parmesan & Herb Crumbed Chicken Drums

Recipe created by Malika Ganley on behalf of Arnott's



SERVES 4 PEOPLE

FOR THE SEASONING

- 3 tsp Italian seasoning
- 2 tsp smoked paprika
- 2 tsp garlic powder
- 2 tsp salt
- 1 ½ tsp pepper

FOR THE CRUMB

- 2 cups Arnott's Gluten free Jatz Crackers
- ¼ cup (20g) parmesan grated
- 2 tsp seasoning (above)
- 2 tsp parsley, finely chopped

FOR THE FLOUR

- ¾ cup gluten-free flour
- 3 tsp seasoning (above)
- 2 eggs
- 2 tsp milk
- 1kg chicken drums, skin on (approx 9 drums)

Tips

Try this recipe with Arnott's Gluten Free Barbeque Shapes for an extra dose of flavour. This crumb can be used for beef schnitzel, meatballs, or as a crunchy topping for casseroles or mac and cheese.



TO MAKE THE CHICKEN

- * Preheat oven to 180°C fan forced. Place a wire rack over a baking tray or oven dish and lightly spray or brush the rack to prevent sticking.
- * In a small bowl combine all seasoning ingredients. Set aside and use for seasoning in both the crumb and flour mixtures.
- * Blitz (or finely crush) Jatz crackers to form a crumb (with a bit of texture). Transfer to a shallow bowl, and mix with parmesan, parsley and 2 Tbsp of the seasoning mix.
- * In a separate shallow bowl, combine the flour and 3 Tbsp of the seasoning mixture.
- * In another bowl whisk together the eggs and milk.
- * Pat the chicken drums dry with a paper towel.
- * Work with one drumstick at a time, dredge in the seasoned flour mix shaking off any excess off. Dip into the egg mixture, allowing any excess to drip off, then roll in crumb mixture, pressing gently so the coating adheres.
- * Place the coated drumsticks on the prepared rack.
- * Once all the chicken is coated, spray or drizzle each one with oil.
- * Bake for 25 minutes, then carefully turn the drumsticks over, lightly oil again and bake for another 20 minutes, or until golden.
- * Allow to rest for 5 minutes before serving.

