

seasoned flour (homemade shake 'n bake)

In a mason jar or airtight container combine:

- 1 cup flour
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons celery salt
- 1 1/2 teaspoons black pepper
- 1 tablespoon mustard powder
- 1 tablespoon garlic powder
- 2 tablespoons paprika
- 1/2 teaspoon ground ginger
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano

Shake well to combine. Store the seasoned flour in the mason jar until ready to use. (It will keep for ages!)

To use, you will need:

- 1 cup bread crumbs (per batch)

Combine 4 tablespoons of the seasoned flour with 1 cup of bread crumbs, being sure to mix well. Coat chicken pieces and bake according to preferred method.

Notes: I rub my chicken pieces with some olive oil prior to rolling them in the seasoned flour/bread crumb mixture. Then I place the chicken in a baking dish and bake at 375°F until the internal temperature of the pieces is 170-185°F (depending on which food safety agency you trust most). Juices should run clear.