

*1 lb per cookie sheet*  
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### OVEN-FRIED CHICKEN FINGERS

Active time: 30 min Start to finish: 45 min

- 2 1/2 lb skinless boneless chicken breast halves
- 1 1/2 sticks (3/4 cup) unsalted butter, melted
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 7 cups cornflakes (7 oz), coarsely crushed

*3 pkgs. Cascades chicken  
1 bag tot cornflakes  
1 1/2 sticks butter*

Accompaniments: **honey mustard sauce** and **homemade ketchup**

Put oven racks in upper and lower thirds of oven and preheat oven to 425°F. Butter 2 large shallow (1 inch deep) baking pans.

Gently pound chicken between sheets of plastic wrap with flat side of a meat pounder or with a rolling pin until 1/3 inch thick. Cut chicken lengthwise into 1/2-inch-wide strips.

Stir together butter, salt, and pepper in a shallow dish. Put cornflakes in another shallow dish. Working with 1 strip at a time, dip in butter, then dredge in cornflakes, pressing flakes firmly to help adhere. Transfer as coated to baking pans.

Bake, switching position of pans halfway through baking, until chicken is golden and cooked through, about 15 minutes total.

Cool chicken in pans on racks to room temperature (crust will firm up as it cools).

Serves 12 children.

Gourmet  
Gourmet Entertains  
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*Honey Mustard Sauce*  
*1 Cup mayo*  
*1/3 Cup dijon*  
*2 T mild honey*  
*1/4 t salt*

*★ do this what you buy isn't as good*