
Baked Furikake "Fried" Chicken

Total time: 1 hr Yield: 4 Servings

Ingredients

1 1/2 cup low-fat buttermilk
2 tsp paprika
4 lb assorted chicken pieces (bone in, skin on)
2 tsp seasoning salt (Lawry's if possible)
1/2 tsp black pepper
3 cup panko bread crumbs
1/4 cup furikake
cooking spray

Prep Time: 1 hr Total Time: 1 hr

Instructions

In a wide shallow bowl or square baking dish, combine the buttermilk, paprika, seasoning salt and pepper. Trim off any extra fat from the chicken, then put into the dish with the buttermilk mixture, gently tossing to coat all sides of the chicken. Cover with plastic wrap and put into the refrigerator for about 1/2 hour, longer if you have time.

Preheat your oven to 350° F. Combine the panko, furikake and a teaspoon of paprika in a bowl and toss to combine. One by one, shake excess liquid from the chicken and immediately dredge in the panko. Place onto a baking sheet coated with cooking spray and repeat until all chicken is breaded. Spray all exposed sides of the chicken with cooking spray, and then bake in the oven for 30 to 40 minutes.

Recipe brought to you by:

Chef Michi Holland

Source:

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