



Baking and Frying Tips with ChoiceBatter™

Your food can be prepared with ChoiceBatter by pan frying, deep frying or baking in the oven. If you are a novice, or experienced, in the kitchen you may want to review this helpful tips. Enjoy!

Pan Frying:

Use enough oil: Put enough oil to cover at least half the thickness of the food to be fried. If possible add enough oil to fully coat the food.

Ensure oil is hot enough for frying: Test by dropping a little batter into the oil. If it drops to the bottom of the pan before sizzling, it's not hot enough. Another quick test is to take a droplet of water on your finger tips and drop it into the oil. The water should sizzle and evaporate immediately. That's when the oil is ready for cooking. Adding large amounts of food to the pan may lower the oil's cooking temperature. Adding food slowly allows the fryer to maintain the desired cooking temperature.

Place food into pan individually: Place the food to be fried into the pan separately; this gives the food a chance to have the coating bond to the food that is coated and not to the other foods in the pan.

Preparing the food: Cut foods such as onion, zucchini (and similarly skinned foods), about ¼ inch thick for ChoiceBatter™ to form a good coating.

Deep Frying:

Ensure oil is hot enough for frying: Set the deep fryer to 350°F to 375°F. Test by dropping a little batter into the oil. If it drops to the bottom of the pan before sizzling, it's not hot enough. Another quick test is to take a droplet of water on your finger tips and drop it into the oil. The water should sizzle and evaporate immediately. That's when the oil is ready for cooking.

Use a fork or skewer: When frying foods, use a fork or skewer to hold the food and gently place it into the oil. This will seal the coating onto the food before the food touches the metal basket in the bottom of the fryer and prevent the food from sticking to the basket.

Place food into fryer individually: Place the food to be fried into the fryer separately; this gives the food a chance to have the coating bond to the food and not to the other foods in the pan.

Preparing the food: Cut foods such as onion, zucchini (and similarly skinned foods), about ¼ inch thick for ChoiceBatter™ to form a good coating.

Baking:

Oven Temperature: Preheat the oven to about 350°F.

Coat baking sheet: Lightly coat baking sheet with vegetable oil, or a non-stick spray product.

Basic Baking Instructions:

4-6 pieces of fish or chicken

1 egg

2 tbsp vegetable oil

1/2-3/4 cup milk (water may be substituted), as needed

1 cup ChoiceBatter™

Coating: In a mixing bowl combine the milk (or water), egg and oil, then add ChoiceBatter™, stir well, let sit 5 minutes and stir again. Dip meat in the batter, allow excess to drain. Place on a baking sheet and bake for 30-40 minutes or until done.

Special Note: ChoiceBatter can lose some of its golden color when baked. To restore this appearance, moisten the food with your favorite marinade or water while still in the oven with 5 minutes left during the baking time.