



Creole Fried Chicken Parmi

with kumara fries and summer seasonal salad

INSIGHT – CHEF TODD THORBURN **ANCHOR FOOD PROFESSIONALS**

Already an Aussie pub staple, and now seen on lots of Kiwi menus, this is quickly becoming everybody's new 'go to' on pub menus.

For your guests' next instagram post, we're utilising our amazing Anchor Food Professionals IQF Mozzarella. It has a crazy stretch factor and a creamy fresh mozzarella texture and flavour.

With the popularity of fried chicken, having an easy alternative dish will help streamline your menu and maximise cost savings.

Keep your parmi all year round and simply swap out your salads, utilising seasonal ingredients while they are in abundance, at low cost and always super fresh!



Creole Fried Chicken Parmi (10 Portions)

INGREDIENTS

10 x 150g chicken breast (filleted or flattened)	250g basil pesto
1L Anchor Blue Top Milk	20ea streaky bacon rashers
3 eggs	Spice mix:
1kg plain flour	1 tsp each; ground cumin, ground coriander, onion powder, ginger powder, smoked paprika, sweet paprika, ground white pepper, cayenne pepper, flake sea salt
2 tbsp creole spice mix	
1kg Anchor Food Professionals IQF Mozzarella	
2 tbsp tomato passata sauce	

METHOD

Place filleted breast into milk and leave to soak overnight (best for 24 hours).

Mix spice mix into the flour ready for dusting.

Drain chicken from milk, saving a little milk. Mix the eggs into the milk and add chicken to egg and milk mix.

Place the chicken into flour mix and coat well.

Deep fry at 170°C for 3–4 mins or until golden brown and crispy.

Pan fry bacon to crisp up and place 2 rashers of bacon on top of each piece of chicken.

Mix passata with pesto to create your parmi sauce. Spoon passata on top of the bacon.

Top each parmi with 100g of Anchor Food Professionals IQF Mozzarella and bake at 170°C in the oven for 5–6 mins until cheese has melted.



Not only does **Anchor Blue Top Milk** have a delicious, full-bodied taste, it's packed with natural goodness. As a good source of calcium, Anchor Blue Top Milk helps build strong bones, while its protein maintains muscle and vitamin B2 supports energy levels, when consumed as part of a healthy balanced eating plan.



Mainland Creamy Feta is a creamy Danish-style feta that has a smooth, firm closed texture. Creamy feta is perfect for slicing and dicing or where a creamy mouth feel is required.



Conveniently pre-grated, this 100% mozzarella saves valuable time and reduces wastage. Individually Quick Frozen to capture the fresh quality and authentic taste, **Anchor Food Professionals IQF Mozzarella** is great for all sorts of dishes where superior stretch is required.

Summer Salad

INGREDIENTS

1kg fennel, shaved	400g Mainland Special Reserve Creamy Feta
50g fennel top, roughly chopped	1 bunch watercress
60ea mixed citrus segments (grapefruit, blood orange, orange, tangerine or tangelo)	

METHOD

Segment citrus fruit.

Shave fennel, chop fennel tops and pick watercress.

Per serve: In a bowl mix the watercress, 100g fennel and 1 tsp chopped tops along with the citrus segments and lightly toss with a little lemon dressing.

Place on plate and top with crumbled feta.

Tip

Use seasonal produce that is in abundance to keep your costs down and your salad becomes a super fresh selling point of the dish... not 'just another side salad'!