

# Food skills

## Crumbing

Crumbing is a technique used to add flavour and a crunchy texture to foods like chicken, fish, meat or vegetables. It also protects the food from drying out when it's being cooked.

Breadcrumbs are the most common coating. Prepared breadcrumbs are available in supermarkets and retail stores.

Make your own by heating the oven to 120°C. Trim the crusts off stale bread and break into large chunks. Spread the bread in a single layer on a baking tray. Bake until the pieces are dry and just starting to turn golden. This will take about 15-25 minutes. Remove from the oven and allow to cool for a few minutes. Transfer the bread to a paper bag. Use a rolling pin on top of the bag to gradually crush the bread into crumbs. Store in an air tight container.

## How to



1 Place the eggs, flour and breadcrumbs in three separate bowls.



2 Beat the eggs to combine the yolks and whites.



3 Cut boneless meat into bite-sized pieces. Coat in the flour then shake off the excess.



4 Transfer to the beaten egg and coat thoroughly.



5 Transfer to the breadcrumbs and press the pieces into the breadcrumbs to coat thoroughly.



6 Place the crumbed meat on a baking tray. Repeat for the remaining meat. Refrigerate until ready to be cooked.

**Tip** Crumbed foods can be oven baked or lightly pan-fried.



# Lettuce and popcorn chicken wraps

(serves 4)

## Ingredients

- 2 teaspoons dried herbs
- 2 teaspoons paprika
- 1 tablespoon lemon zest
- 2-3 cups breadcrumbs
- 3 eggs, beaten
- 1 cup flour
- 500g boneless and skinless chicken thighs, cut into bite-sized pieces
- 4 wraps
- ¼ cup hummus
- 2 cups lettuce or spinach leaves
- 2 tomatoes, sliced
- 1 carrot, grated

## Method



Mix dried herbs, paprika and lemon zest into the breadcrumbs. Crumb the chicken using the method on the front of this card.



Preheat oven to 180°C. Place the coated chicken pieces on a baking tray. Bake for 12-15 minutes or until golden brown.



Place the wraps onto a chopping board. Spread the hummus evenly along the centre of each wrap. Add a layer of lettuce, tomato and carrot.



Add a layer of popcorn chicken on top of the carrot. Roll each wrap tightly, slice in half and serve.

For more recipe ideas and cooking tips visit [heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes) and [vegetables.co.nz](http://vegetables.co.nz)