

# CORNBREAD BREADING

## INGREDIENTS

- 1/2 c Cornmeal, degermed
- 1/2 c Masa Harina
- 1 t Salt
- ½ t Oregano
- ½ t Chili Powder
- 2 lb Meat of choice
- ¼ c High-Heat Cooking Oil

## COOKING INSTRUCTIONS

1. Mix masa, cornmeal, and spices.
2. Prep meat of choice for breading by slicing into pieces, making patties, etc.
3. Evenly coat each meat piece with breading mixture.
4. Heat oil in frying pan\*. Tilt the pan away from you to avoid spattering of oil and being careful not to crowd the pan, place breaded meat pieces in the pan.
5. Cook meat until fully cooked on one side, then flip and cook until the entire piece is cooked through.
6. Place cooked breaded pieces on plate with paper towel to drain any excess oil.

\*Cooking temperature and time depend on meat thickness; internal temp should be 165°F or higher.

- For pieces 1/2" or less: Cook over medium-high heat for 45 sec. to 1 min per side.
- Thicker pieces: Use low or medium heat to prevent burning the breading; cook several minutes per side.