



CURIOUS ABOUT LEARNING HOW TO MAXIMIZE YOUR CONVECTION OR CONVECTION STEAM OVEN?

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LARISSA TABORYSKI

## OVEN FRIED CHICKEN, DOUBLE

## CORN SPOONBREAD CASSEROLE,

## ROASTED BROCCOLI SLICES

### Meal Preparation Plan

With this meal the Corn Casserole goes into the oven first as it takes 50 minutes to cook. It can be prepared in advance. Just remember to take it out of the refrigerator at least 30 minutes before cooking to lose the chill.

The chicken will go together easily provided you get organized and set up your dredging station and will take only 35 minutes to cook. The coating of the chicken really needs to be done just before it goes in the oven as the coating gets soggy if the chicken is refrigerated. Broccoli slices can be added to the oven for the last 12 minutes for a delicious balanced meal.

### Oven Fried Chicken

6- bone- in chicken thighs, skin removed

½ - cup all purpose flour

1 - large egg

2 - tbsps milk

1 - teaspoon garlic powder

¾ - teaspoon salt

1 - teaspoon smoked paprika

1 ¾ - cups Panko breadcrumbs

⅓ - cup vegetable oil

### Preparation

Set up your dredging station with 3 medium sized shallow bowls filled with:

1. Flour
2. Eggs well beaten, combined with milk, garlic powder, salt & smoked paprika
3. Panko combined with the oil

Preheat the oven Convection Bake or Convection Roast 375 degrees. Line a rimmed baking sheet with parchment paper. Pat the chicken pieces dry with a paper towel and dredge in the flour, roll in the egg mixture and coat with the Panko, then place on the baking sheet. Spray with a mist of cooking oil

## CONVECTION BAKE OR CONVECTION ROAST



spray to give the crust an extra bit of crisping and cook for 30 - 35 minutes depending on the size of the thighs.

### Double Corn Spoonbread

With this recipe it's important to have all the ingredients organized and the pan prepared. You begin by cooking the cornmeal in the traditional manner on the cooktop for about 10 minutes, but it needs a lot of stirring during that time. Then you add the remainder of the ingredients, transfer the mixture to the prepared baking dish and bake.

1 ½ - cups of water

1 ½ - cups whole milk

¾ - cup stone-ground cornmeal

WRITE YOUR NOTES:



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2 - tablespoons unsalted butter	bring to a boil.
2 - large eggs	Reduce the heat to medium-low
½ - teaspoon baking powder	and pour in the corn-meal in a
2 - green onions	steady stream, whisking all the
1 ½ - cups corn kernels	time.
3 - tablespoons Parmesan cheese	Reduce the heat to a low simmer
	and cook for 10 minutes, stirring
	frequently until the mixture is
	very thick and pasty.
<b>Preparation</b>	
Preheat the oven to Convection	Remove from the heat and whisk
Bake or Convection Roast 375	in the butter, add the remaining
degrees.	milk in a steady stream whisking
	all the time, then add the eggs one
Grease a shallow 1 ½ quart	at a time and finally the baking
casserole dish.	powder.
Combine the water with ½	Stir in the onions, corn & Parmesan
teaspoon of salt and ½ of the milk	and a little cracked pepper.
in a large heavy saucepan and	Bake for 45 minutes or until a
	tester comes out clean.