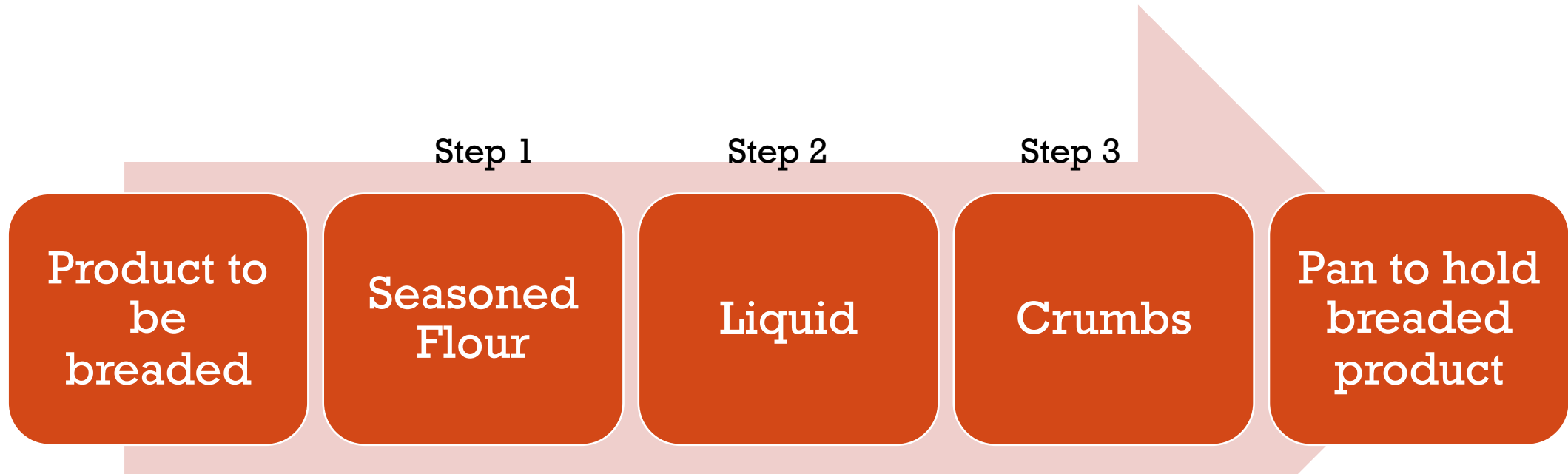


STANDARD BREADING PROCEDURE

Preparation for breading products for frying and baking to keep them moist on the inside and crispy on the outside.



MISE EN PLACE FOR THE STANDARD BREADING PROCEDURE



Right-handed cooks work from left to right. Reversing the pans, left-handed cooks work from right to left.





FOOD ALLERGEN ALERT

Step 1: If you are allergic or sensitive to wheat or gluten you can use gluten-free flours such as sorghum, chickpea or a gluten-free flour blend to replace wheat flour.

Step 2: Ground flaxseed meal and water (1:3 ratio by volume) is a great substitution for eggs or you can use an alternative milk that meets your dietary needs, such as rice, hemp, soy or nut milk.

Step 3: The exterior coating of crumbs can be gluten-free bread crumbs, cornmeal or crushed gluten-free cornflakes.

KEYNOTES ABOUT BREADING PROCEDURE

INGREDIENTS

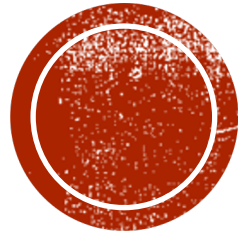
- Most foods to be deep-fried, with the exception of potatoes, are first given a protective coating of breading or a batter. These coatings serve the following purposes:
 1. Help to retain moisture and flavor in the product.
 2. Protect the fat from moisture and salt in the food, which speeds deterioration of frying oils.
 3. Protect the food from absorbing too much fat.
 4. Provide crispness, flavor, and color.



THE 3 STEPS OF THE STANDARD BREADING PROCEDURE

1. **Seasoned flour** seals in the food's moisture and helps liquid and breading adhere to the product. Add 1 teaspoon of salt and $\frac{1}{2}$ teaspoon of ground white or black pepper to each cup of flour. Pat the food dry and dredge it in seasoned flour.
2. **Liquid** is traditionally an egg wash, a mixture of eggs and liquid. The liquid is usually milk or water. A small quantity of oil is occasionally added to the egg wash to keep the wash smooth. The egg wash will cause the crumbs or meal to completely coat the item and form a tight seal when the food is cooked.
3. **Crumbs** can be either finely or coarsely ground, depending on your preference. The addition of dry or fresh herbs and spices are combined with the crumbs in this final step of breading. Salt should not be added in this step because the salt will quickly breakdown the frying oil. Coat the food with crumbs or meal. Shake off the excess crumbs and place the breaded item single layer in a pan. Stacking will cause the breading to get soggy and the foods will stick together.





FOOD SAFETY ALERT

Breading is a potentially hazardous food when eggs or milk are used. Discard seasoned flour, egg wash and breading after each use. To prevent cross-contact, use separate breading mixes for each product being breaded.