

PELZMANN FRIED-CHICKEN SALAD

2 chicken breasts without skin and bones
2 chicken legs without skin
Light wheat flour
2 eggs
30 ml milk
300 g breadcrumbs
Oil for baking
2 lemons
1 head of Lollo verde salad
1 head of frisée lettuce
150 g cherry tomatoes
1 small cucumber
Juice of a lemon
20 ml Pelzmann apple vinegar
30 ml Pelzmann pumpkin seed oil



20 ml apple juice
Salt, pepper

Divide the chicken legs into the upper part of the leg and the drumstick. De-bone the upper part of the chicken leg, halve the chicken breasts.

Season the pieces of chicken with salt and pepper, now roll in flour. Mix egg and cream and immerse the pieces of chicken in the mixture, allow the excess mixture to drip off and roll in breadcrumbs. Fry in 160° C oil until golden brown. Remove when ready and allow to excess oil to drip off.

Chop the salad into bite-sized pieces, wash well and spin until dry. Halve the cherry tomatoes.
Cut the cucumber into slices.

Mix a dressing consisting of vinegar, pumpkin seed oil, lemon and apple juice, salt and pepper. Use this dressing to marinate the salad and cucumber. Spread on the plate. Now place the pieces of fried chicken on the plate and decorate with the cherry tomatoes and wedges of lemon.