



"JUGGLING TWO HATS"

Chicken Ribs – The Farmer and the Cook – June 2020

Ingredients – start this recipe in the morning

BRINE

Mix 2 tbs of Greek yogurt with 2 cups of milk. Marinate the chicken ribs in this for the day.

1kg of chicken ribs (these are easily bought from Asian butchers or La Manna in Melbourne)

1 Teaspoon each of:

Mustard powder, smoked paprika, garlic powder, onion powder, white pepper, salt, dried oregano, dried sage, dried basil

1 cup of plain flour

¼ cup of corn flour

Method

1. Marinate the chicken ribs in the Greek yogurt and milk (I use this mix all of the time instead of butter milk) and give them a good stir every couple of hours.
2. Preheat the oven to 220 or 200 fan forced.
3. Mix the flours and all of the dried herbs and spices.
4. Place the chicken ribs in the flour mix and shake off excess flour. Place on a baking paper lined tray. You will need two trays for 1 kg. Spray with olive spray and bake for 10 to 15 minutes.
5. Turn them over and spray again with oil. Cook for a further 10 minutes.
6. Serve with kewpie mayonnaise or spicy sriracha sauce.