

Chicken Goujons and Mayonnaise

Method

Chicken Goujons

1. Preheat oven to 180°C
2. **Line** the baking tray with baking paper
3. **Weigh** out the breadcrumbs into the large mixing bowl
4. **Mix** 4 tsp of seasoning mix into the breadcrumbs
5. Spread the flour onto the serving plate
6. Break the egg into the small mixing bowl and **whisk** with a fork
7. **Slice** the chicken into strips
Use a red chopping board and safety mat
8. **Coat** each piece of chicken in the flour, shake off any excess
9. In turn, **coat** each piece of chicken in egg, then breadcrumbs
10. Evenly place onto the baking paper
! Wash your hands
11. **Bake** for 20-25 minutes until golden-brown and fully cooked **[A]**
For best results, flip the chicken after 10 minutes
! Unsure if fully cooked? Ask your teacher to temperature probe

Mayonnaise

1. **Measure** the oil into a measuring jug
2. Add the remaining mayonnaise ingredients to the jug
3. Wait until the egg has settled to the bottom of the jug
4. **Blend** the ingredients:
 - I. With the power off, lower the stick blender to the bottom of the jug
 - II. Blend the ingredients at the bottom of the jug first
 - III. Once emulsified at the bottom, slowly work your way up
 - IV. Stop when a total thick mayonnaise is formed **[B]**

Ingredients

Goujons

- 80g breadcrumbs
- 2 chicken breasts
- 1 large egg
- 2 tbsp flour (school)

Mayonnaise

- 240ml sunflower/vegetable oil
- 1 large egg
- 1 garlic clove (optional)
- 1 tbsp white wine vinegar (school)
- 1 tbsp Dijon mustard (school)
- Salt and pepper (school)

Seasoning Mix (all school)

- Salt
- Pepper
- Cajun seasoning
- Garlic granules
- Container x2

Equipment

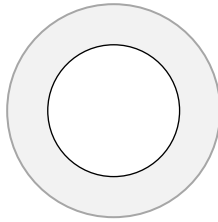
- Blue tray
- Safety mat
- Vegetable knife
- Fork
- Measuring spoons
- Baking paper
- Spatula
- Tongs
- Stick blender
- Large mixing bowl
- Small mixing bowl
- Plate
- Baking tray
- Red chopping board
- Measuring jug

Key Moments

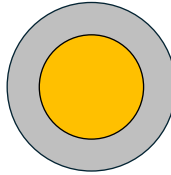
Organise your workstation before preparing the chicken goujons:



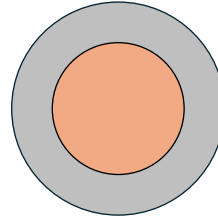
Chopping board



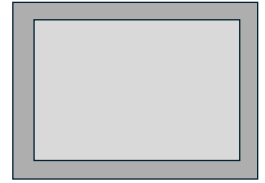
Flour



Egg



Breadcrumbs



Baking Tray & Paper



[A] Golden-brown chicken goujons



[B] Thick mayonnaise