

## CHICKEN STRIPS PREPARATION INSTRUCTIONS (BONELESS ELEMENTS)

### I. PREPARATION OF MEAT AND MARINADE

You will need:

- chicken breast or other boneless elements (temperature no higher than +4°C),
- cold water/ice (50% water, 50% crushed ice),
- **Hot** Holly Powder Marinade - (170 g pack) or **Mild** Holly Powder Marinade (130 g pack).

1. Wash the poultry in the cold, running water and leave to drain.
2. Cut the chicken into **25-30 g strips**. You will find our instructional video on [www.hollypowder.com](http://www.hollypowder.com) very helpful.
3. Make sure to carefully use the correct amount of cold water with ice depending on the type of HollyPowder marinade you are using. The hot and mild marinades do require different amounts of water, see the Holly Powder instructional tables. Mix the marinade thoroughly in water to dissolve completely.
4. Place the meat into a bowl or a tumbler and pour the marinade on it.
5. **Massage everything together until the meat has entirely absorbed the marinade. When using hands, massage no less than 5 minutes; when using the tumbler, massage for approximately 20 minutes. It is essential that the marinade is completely absorbed. No water should be left.**
6. Refrigerate overnight, or for a minimum of four hours.

### REFERENCE TABLE



HOT MARINADE			
Meat in kg	Marinade in g	Water in ml	Ice in ml
1	34	100	100
2	68	200	200
3	102	300	300
4	136	400	400
5	170	500	500

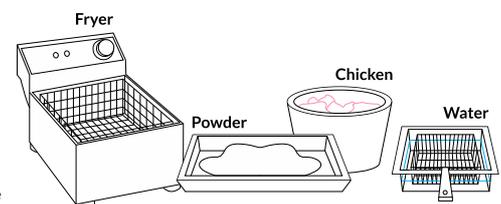
MILD MARINADE			
Meat in kg	Marinade in g	Water in ml	Ice in ml
1	26	100	100
2	52	200	200
3	78	300	300
4	104	400	400
5	130	500	500

\* Refer to the boned elements instructions for elements with bones such as wings, drumsticks or thighs.

### II. THE COATING PROCESS

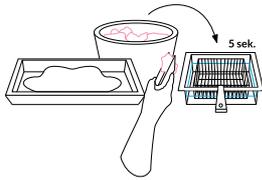
You will need the following to coat the meat:

- The Holly Powder coating,
- a container for the coating powder (GN 1/1, 100-150mm in height or GN 2/1, 100-150mm in height),
- a container for water (GN 1/2, 150mm in height),
- a basket to dip the meat in water- it is ok to use the basket from the frying machine (23mm x 21,5mm, 100mm in height),
- **IMPORTANT!** Tongs to move the marinated meat between the water and the coating- so that the hands will remain dry,
- a sieve for sifting the coating powder.

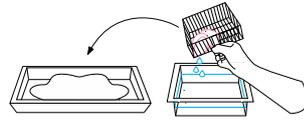


An instructional video on coating and more is available at [www.hollypowder.com](http://www.hollypowder.com)

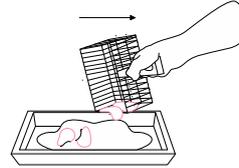
## STRIPS (BONELESS ELEMENTS)



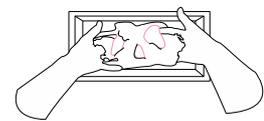
Place the marinated pieces of meat in water. Use kitchen tongs to move the meat; your hands must remain dry.



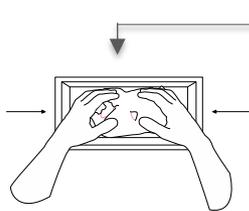
Using the basket, take the meat out of the water.



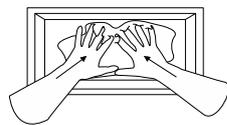
Evenly space the meat on the coating powder.



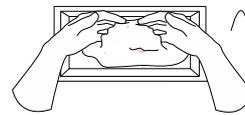
Separate the pieces gently lifting them from the bottom. Never directly touch the meat with your fingers, only through the coating powder.



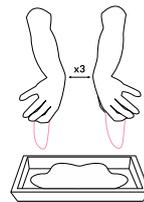
Begin coating using the CPT method. Collect the meat and cover it with the coating.



Press the coating to the meat.



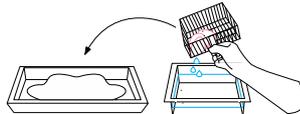
Toss the meat so that the coating wraps it thoroughly on each side. Repeat the CPT method six times.



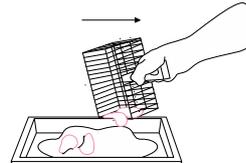
Gently grab two strips by their ends and shake off the excess coating by tapping your wrists against one another three times.



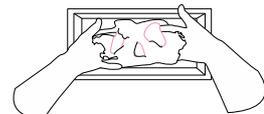
Place the strips in water once again.



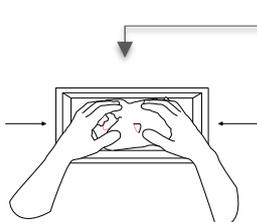
Using the basket, move the strips to the coating.



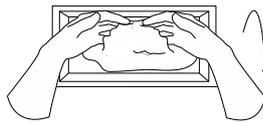
Evenly space the meat on the coating powder.



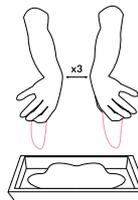
Separate the pieces gently lifting them from the bottom.



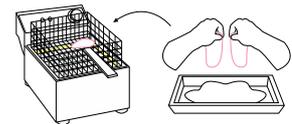
Begin coating using the CP method. Collect the meat and cover it with the coating.



Toss the meat in the coating. Repeat the CP process six times. Try to coat the meat so that it is as "fluffy" as possible.



Gently grab two strips by their ends and shake off the excess coating by tapping your wrists against one another three times.



Place the meat in the frying basket.

**IMPORTANT-** Place the coated chicken in the frying machine immediately after the coating process has been completed.

### III. THE FRYING PROCESS

Heat the oil in the frying machine to 170°C. Place the meat in the frying basket, so that they don't stick to one another. Place the basket into the frying machine. Deep fry the meat. Serve fresh, immediately after the frying process has completed.

Approximate frying time:

- chicken strips/nuggets- approx. 3.5 minutes (shake the frying basket after 30 seconds into the frying so that the chicken is evenly fried),
- wings (small elements max. 50 g) – approx. 7 min.,
- drums and thighs - approx. 12 min. (using a special fryer only).

**IMPORTANT!** The exact frying parameters can only be established based on a particular frying machine.