

How to Make Homemade Shake'n'Bake

This free How To tip sheet was produced by the Cheapskates Club – www.cheapskates.com.au

This mix is so good. And it's versatile too. Use it to coat chicken, fish or cutlets before you cook them for an extra tasty, super crunchy coating. Roll fish cakes in it to make a boring meal idea into something special. This mix can even be used to make crumbed sausages that really sizzle.

Homemade chicken strips and chicken nuggets are not only much cheaper than buying them but using the Shake'n'Bake mix they are a breeze to make too. Being able to bake the food rather than fry lowers the fat content considerably, making them a healthier option too.

The mix is economical and stores well in a sealed container in the fridge for months, if it lasts that long. Once you've tried food coated in this mix you'll be addicted!

Ingredients:

4 cups plain flour (can be wholemeal or a mix of white and wholemeal)
20 Weetbix (about 4 cups crushed)
4 tbsp salt
2 tbsp sugar
2 tsp garlic powder
2 tsp onion powder
3 tbsp paprika
1/4 cup vegetable oil

Method:

Whizz Weetbix in food processor until very fine crumbs. Combine with all other dry ingredients. Stir through oil, being sure to mix thoroughly. Store in a sealed container in fridge. This mix will last in fridge indefinitely.

To use: Dip meat in any liquid (egg, milk, salad dressing – Italian is nice - etc) then in the shake and bake. Put on baking sheet and bake at 180 degrees for 20-30 minutes for boneless chicken or fish strips, an hour for chicken pieces with bones (i.e., drumsticks and thighs, as long as possible for bone-in breasts).

This mix can also be used to coat steak, rissoles, sausages and fish cakes. To cook these foods after coating, heat a little oil in a frying pan and when hot add food to be cooked. Turn frequently to prevent burning.

Note: You can substitute cracker crumbs or crushed crackers, cornflake crumbs etc for the Weetbix. Or you can use any combination of these things. This is a great way to use up the crumbs left in the bottom of the cereal and biscuit packets. I've even used crumbs from BBQ Shapes in the mix.

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