

## Script - Baked Chicken Nuggets

- Hi my name is Karen Campbell and I'm a team leader in Breckenridge County, Kentucky and today I'm here to teach you how to make baked chicken Nuggets.
- So the first thing you
- 00:08

want to do is make sure you wash your hands with warm soapy water

- 00:12

for at least 20 seconds. You don't want any germs

- 00:14

contaminating your food. Then you want to make sure

- 00:17

that your oven is preheated to 400 degrees, so it'll be

- 00:20

ready when you're ready to put your pan into the oven.

- 00:24

So after you have your hands washed and your oven is being

- 00:28

preheated, you want to take your

- 00:30

egg. And your milk, and you're going to put them in

- 00:33

a bowl together.

- 00:39

You're gonna take your whisker and you're going to

- 00:42

whisk those two together until they are mixed evenly.

- 00:57

After those are mixed evenly, just set it to the side because

- 01:00

we will be using it later.

- 01:03

OK, so you have your egg and your milk mixed. Then you move

- 01:06

on to cutting your chick in. You want to use the Bear claw method

- 01:10

so that you don't cut your fingers. You hold your hand and

- 01:13

you pull your fingertips back so you can't cut yourself.

- 01:17

When you want to take your knife and you want to make

- 01:19

sure that your pieces are cut is evenly as possible so

- 01:22

they'll all cook at the same time.

- 01:36

After you have your chicken cut, you're going to take it

- 01:38

and you put it into a bowl with all of your other cut chicken.

- 01:45

Now we're going to take our already mixed egg and milk.

- 01:51

I'm just going to take the whisk, make sure it's all mixed

- 01:54

up one last time.

- 01:58

You set the West to the side just so it's not in the way.

- 02:03

Now we're going to take our chicken.

- 02:06

And dip it in the mixture.

- 02:09

Make sure it's all coated.

- 02:11

Then you're going to take your crushed corn flakes and you dip

- 02:13

it in the corn flakes.

- 02:18

And after that, you're ready to put this piece in the pan.

- 02:22

And you repeat that with all of your other pieces of chicken.

- 02:26

OK so I finished putting the chicken Nuggets in the greased

- 02:29

pan. I washed my hands and I've cleaned my work area. Now those

- 02:33

chicken Nuggets are ready to go into the oven for 15 minutes.

- 02:37

Here is a pan that we have

- 02:40

already finished today. And I know that they're done because

- 02:43

I've taken my thermometer and put it in the innermost part of

- 02:47

the chicken nugget to make sure it's 165 degrees. Serve with

- 02:50

your favorite sauce and enjoy.