



## Colonel Turner's Penwortham Fried Chicken

On a plate, place one level table spoon of Juvela flour mix. Then add ;

A quarter of a tea spoon of nutmeg  
A quarter of a tea spoon of cinnamon  
A quarter of a tea spoon of mixed spice  
A quarter of a tea spoon of Garam Masala  
A quarter of a tea spoon of salt  
Mix well

Allowing five ounces of chicken breast per person, cut it into thirds  
Roll the chicken pieces in the mixture until covered all over  
Reserve the remaining mixture for the sauce (qv)  
Fry in cooking oil in a chip pan without the drainer mesh until nicely browned. Turn over as necessary to obtain an even cooking on both sides.  
Dry in the drainer mesh, and place in a warm oven (mark 3) until the chips are ready. Meanwhile;

To a pan, add 200 mls of water  
One chicken stock cube  
One Bovril cube

Heat gently until dissolved, stirring regularly .  
Cool and then whisk in the remaining flour (qv)  
Return the pan to the gas, and re-heat stirring continuously until the sauce thickens  
Serve the sauce with the chicken, and any vegetables if liked.



This recipe has been brought to you by The Cream Of Tartar Company Limited

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