

Pecan Chicken

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*1 stick butter
1 cup buttermilk
1 egg slightly, beaten
1 cup all-purpose flour
1 cup ground pecans
1 tablespoon paprika
1/8 teaspoon pepper
1/4 cup sesame seeds
2 (2-1/2 pound) chickens,
cut into quarters or pieces
1/4 cup pecan halves*

Preheat the oven to 350 degrees.

In a 10x15-inch baking pan, melt some butter.

In a shallow dish, combine the butter, milk and eggs. In another dish, combine the flour, pecans, salt, paprika, pepper and sesame seeds.

Dip the chicken into the buttermilk and then the flour. (Wash your hands.) Place the chicken in the buttered casserole dish, skin side down. Turn to coat and leave the skin side up. Sprinkle with pecan halves.

Bake for 1-1/4 hours.

Per Serving (excluding unknown items): 5801 Calories; 439g Fat (68.2% calories from fat); 320g Protein; 140g Carbohydrate; 17g Dietary Fiber; 1748mg Cholesterol; 2347mg Sodium. Exchanges: 8 1/2 Grain(Starch); 41 Lean Meat; 1 Non-Fat Milk; 61 1/2 Fat.