

## Oven-Fried Chicken

Author: America's Test Kitchen Family Cookbook

Carolyn T's  
Main Cookbook

Servings: 4



**5 ounces melba toast, broken into small pieces (by hand)**  
**1/2 cup vegetable oil**  
**2 large eggs**  
**1 tablespoon dijon mustard**  
**1 tablespoon fresh thyme, finely minced (or 1 tsp dried)**  
**1/2 teaspoon dried oregano**  
**1/4 teaspoon garlic powder**  
**1/4 teaspoon cayenne**  
**3 pounds chicken pieces (see notes) bone-in, skinless**  
**Salt and pepper**

*Blog: Carolyn T's Blog:*  
<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 921 Calories; 66g Fat (65.2% calories from fat); 51g Protein; 28g Carbohydrate; 2g Dietary Fiber; 317mg Cholesterol; 540mg Sodium. Exchanges: 2 Grain(Starch); 6 1/2 Lean Meat; 9 Fat; 0 Other Carbohydrates.*

*Notes: Use a combination of chicken (thighs, drumsticks and breasts cut in half crosswise).*

1. Adjust an oven rack to the upper-middle position and heat to 400. Line a rimmed baking sheet with foil, then set a large wire rack on top (may require more than one sheet). Spray the rack(s) with oil spray to prevent sticking.
2. Process the melba toasts in a food processor until they resemble sand and pebbles (small pieces). Toss the crumbs with the oil and spread in a shallow dish. Whisk the eggs, mustard, thyme, oregano, garlic powder, and cayenne together in a separate shallow dish.
3. Pat the chicken dry with paper towels, then season with salt and pepper. Working with one piece at a time, dip it in the egg mixture, then coat with the melba crumbs. Press on the crumbs to make sure they adhere. Lay the breaded chicken on the wire rack, bone-side down. Do not let chicken pieces touch one another.
4. Bake until the center of the breast meat registers 160, or 175 for the thigh and drumstick, about 30-45 minutes.