

Cornflake Chicken

1/2 cup (110 grams) mayonnaise

2 teaspoons brown mustard

about 2 tablespoons soy milk

2 teaspoons dried parsley

1 teaspoon granulated garlic powder

1 teaspoon onion powder

1 teaspoon paprika

2 1/2 cups crushed cornflakes about 5 cups (140 grams) uncrushed

About 2 kilo chicken legs and chicken thighs or 8 chicken thighs and 8 drumsticks

Preheat oven to 375 F/190 C.

Mix mayonnaise with mustard, parsley, paprika, garlic powder and onion powder in a bowl. If thick, thin a bit with the soy milk or some water. Place crushed cornflakes in a shallow pan, set aside. Line 2 baking pans with aluminum foil. Dip chicken on both sides in mayo mixture and then both sides in cornflakes crumbs and place skin side up on tinfoil lined pans. Place in hot oven and bake about an hour or till chicken is golden brown and cooked through. When checked with wooden toothpick or skewer the juices should run yellow, not pink.