

Roasted Witches Fingers with Honey Mustard Sauce

Serves 6	metric measures
Fingers	
1 ¼ pound boneless, skinless chicken breast	600 gm
2 tablespoons oil	30 ml
1 cup tortilla chip crumbs, see note below	150 gm
2 tablespoons dried onion flakes	10 gm
2 teaspoons paprika	4 gm
½ teaspoon thyme	1 gm
¼ teaspoon black pepper	.5 gm
15 black olives, sliced in half the long way	15
Sauce	
½ cup honey	120 ml
½ cup mustard	120 ml

Butterfly the chicken breasts so you have six portions. “Butterfly” means to slice the breasts horizontally in half. Cut each breast through, separating the halves.

Cut each butterflied breast so they look like hands with fingers.

If you are making this on any given weeknight, cut the fingers all the way through. So no scary hands.

Massage oil onto all the surfaces, including between the fingers.

Mix tortilla chip crumbs, dried onion flakes, paprika, thyme, and black pepper on a shallow plate.

Dip fingers in the crumb mixture until all surfaces are covered.

To make clean up easier, line a sheet pan with nonstick foil or parchment paper. Arrange fingers on top. You can get 3D results if you scrunch foil to balls and drape the fingers over them.

Add a black olive half for each fingernail, omit for regular chicken fingers.

You need a blazing hot oven to crisp these quickly. So at least a half an hour before cooking, preheat oven to 425. You could even heat to 450.

Cook for 15 minutes.

Meanwhile, or anytime, stir honey and mustard together. Pour into a small serving bowl.

Read more: <http://blog.kitchentherapy.us/2009/10/roasted-witches-fingers-with-honey-mustard-sauce/>