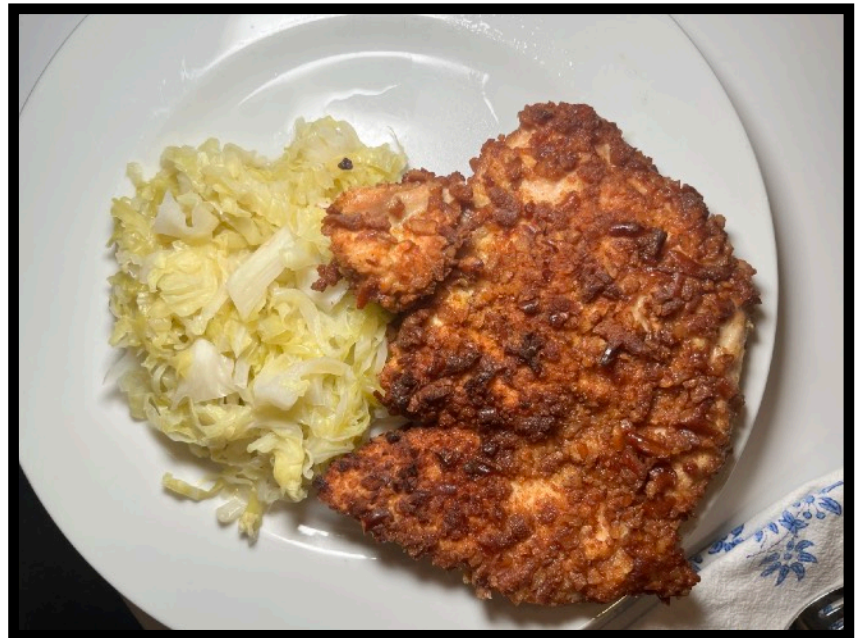


Pretzel Schnitzel

Substituting ingredients requires a little faith at first, but with practice the results seem to work almost always. It's so strange. Out of breadcrumbs? baby snack pretzels are the perfect crust builder for our German inspired feast! Just crush them up.

serves 4



QUICK CABBAGE INGREDIENTS:

1/2 head green cabbage, thinly sliced
1 Cup white vinegar
1 Cup water
1 Tbsp honey
2 tsp salt

SCHNITZEL INGREDIENTS

2 Cups veg oil
4 boneless skinless chicken breasts
salt and pepper
4 cups pretzels
1 cup flour
2 eggs
1 Tbsp dijon mustard

SAUERKRAUT STEPS

Thinly slice the cabbage.

Add the white vinegar, water, honey and salt to a medium sized saucepan and bring to a boil. Turn down to a simmer. Add the cabbage and simmer for 15 minutes.

Remove from heat and allow to cool to room temperature. Pour into a jar with a tight fitting lid. Serve immediately or refrigerate for up to 2 weeks.

SCHNITZEL STEPS

Pour the oil into a cast iron skillet and heat over medium heat to 350 degrees F.

Place 1 chicken breast at a time between 2 pieces of plastic wrap.

Use a rolling pin or heavy bottomed pan to pound the chicken as thinly as possible, about 1/4-1/8 inch.

Season the chicken with salt and pepper.

Pour the pretzels into a resealable plastic bag and use a rolling pin or heavy bottom pan to crush them.

Pour pretzel crumbs into a shallow bowl.

Pour the flour into a second shallow bowl.

Crack the eggs into a third shallow bowl. Add the dijon and whisk.

Dredge each piece of chicken in the flour, then egg and then pretzels. Place in the hot oil to fry in batches until golden brown, about 2-3 minutes per side.

Remove onto a paper towel lined plate to drain the oil.

Garnish with parsley and serve with a side of sauerkraut.