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How To Cook Poultry By Pan Frying



Pan-Frying: Saladmaster's unique construction allows you to fry chicken without added oil or grease.

How To: Heat large or small skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in the pan bead and dance. Add chicken pieces, pressing them against bottom and side of pan. For a healthier option, remove skin and fat before cooking. Meat may stick, but will loosen as browning continues. Place lid on pan slightly ajar. When meat loosens, turn and fry until golden brown and cooked through, about 10 minutes.

Rating: