

13.8437



10.2500



This package sold by weight, not by volume.
Contents may have settled during shipping.

Manufactured by:
Hodgson Mill, Inc., 1100 Stevens Avenue
Effingham, IL 62401, (800)525.0177

INGREDIENTS: ENRICHED AND BLEACHED
WHEAT FLOUR (NIACIN, IRON, THIAMINE,
RIBOFLAVIN, FOLIC ACID); SALT; NATURAL
SPICES; EXTRACTS; AND HERBS.

Produced in a peanut/tree nut
free environment.



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KENTUCKY KERNEL



Seasoned Flour

I221L

A COMPLETE
SEASONED COATING

NO PRESERVATIVES,
ARTIFICIAL COLORS
OR FLAVORS

NO SUGAR ADDED

OUR GUARANTEE

Kentucky Kernel® is dedicated to satisfying consumer demand for fine quality food products. If for any reason you are not satisfied with this product, we'll make it right. Simply send the complete bottom of this box and your purchase price to:

Kentucky Kernel
c/o Hodgson Mill, Inc.
1100 Stevens Avenue
Effingham, IL 62401

Look for the entire line of Kentucky Kernel® products in the **Flour, Corn Meal, Batter Mix** and **Baking Mix** sections of your supermarket.

www.HodgsonMill.com

Visit our website or call for our
FREE CATALOG & RECIPES!
800.525.0177

KENTUCKY KERNEL



Seasoned Flour

Perfect Coating For:

CHICKEN, CHOPS, BEEF, SEAFOOD,
VEGETABLES & GRAVIES

Delicious Baked or Fried!
10 Herbs & Spices!

Parve
Sealed Inner Bag

NET WT. 10 oz. (283 g.)

KENTUCKY KERNEL



Seasoned Flour

USE BY:



Southern Fried Chicken

Rinse chicken. Coat with Kentucky Kernel® Seasoned Flour. Fry in approximately one inch of preheated shortening 380° to 400°F.

Oven Fried Chicken

Heat oven to 400°F. Moisten chicken with water (melted margarine or butter if preferred). Roll in Kentucky Kernel® Seasoned Flour. Place chicken in heavily greased (margarine or shortening) shallow pan, skillet, or pyrex baking dish. Bake approximately 20 to 30 minutes. Turn and bake an additional 20 to 30 minutes (or until done).

Fried Vegetables

(Mushrooms, Zucchini, Egg Plant, Okra, Onion Rings, Potatoes, Cauliflower, Green Tomatoes.) Make batter by mixing 5 Tbsp. Kentucky Kernel® Seasoned Flour with 1 egg. Add 2 Tbsp. water. Dip vegetables into batter, remove, and liberally coat with dry Kentucky Kernel® Seasoned Flour. Fry coated vegetables in approximately 2 inches shortening (temp 350°) for about 2 minutes or until golden brown.

Fried Seafood

Dip seafood in mixture of egg and milk. Liberally coat with Kentucky Kernel® Seasoned Flour. Fry approximately 3 to 4 minutes or until golden on each side. Drain on paper towel and serve.

White Sauce

Stir 2 Tbsp. of melted butter with 2 Tbsp. Kentucky Kernel® Seasoned Flour. Blend in 1 cup milk. Simmer and stir the sauce until desired thickness.

For **MORNAY SAUCE**, combine 1 egg yolk with 2 Tbsp. cream. Blend into white sauce. Add 2 Tbsp. Parmesan or Gruyere Cheese (grated). While simmering, stir cheese constantly until melted.

For **SAUSAGE GRAVY**, blend fried sausage bits into White Sauce.

Country Fried Beef or Chops

Liberally coat moist pieces of beef or chops with Kentucky Kernel® Seasoned Flour. Fry in skillet (in approximately 1/4 inch shortening) over medium heat on each side until done.



14-0781 Kentucky Kernel Seasoned Flour 10oz I221L 4/11/2014

