

KENTUCKY KERNEL



Seasoned Flour

I222K

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

Nutrition Facts			
Serving Size 4 tsps. (12g)			
Servings Per Container 52			
Amount Per Serving (Dry)			
Calories 35		Calories from Fat 0	
		% Daily Value*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 510mg		21%	
Total Carbohydrate 8g		3%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 1g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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.



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

Manufactured by:
Hodgson Mill, Inc.

Southern Fried Chicken

Rinse chicken. Coat with Kentucky Kernel® Seasoned Flour.
Fry in approx. 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.

Sausage Balls

Ingredients: 2 cups Kentucky Kernel® Seasoned Flour, 2 lbs. mild sausage, 4 cups sharp cheddar cheese (shredded). Mix all ingredients. Form into balls about 1" diameter. Place on ungreased cookie sheet. Bake at 350° for about 20 minutes. Remove from cookie sheet when done and allow to drain on paper towels to remove excess fat. Serve while warm. Sausage balls may be frozen for several weeks. When needed, remove from freezer and heat in warm oven. Yield: Approx. 100.

Meat Loaf

Ingredients: 1 onion, 1 stalk celery, 4 or 5 mushrooms, 2 lbs. ground beef, 1 cup Kentucky Kernel® Seasoned Flour, 1/2 cup milk, 2 eggs. Chop and blend together onion, celery and mushrooms; saute chopped vegetables. Mix with ground beef. Blend and add Kentucky Kernel® Seasoned Flour, milk and eggs. Form meat loaf and bake at 375° for approx. 60 minutes.

Tempura Batter

Ingredients: 1 egg, 2 cups Kentucky Kernel® Seasoned Flour, 2 Tbsp. corn starch, 2 tsp. baking powder, 1-1/2 cups water. Mix egg and dry ingredients. Add water, stir until ingredients are well mixed. Dip fish, shrimp, vegetables, etc. in mixture and deep fry (medium-high heat) with ample shortening (min. of 2 inches). Fry each side until golden brown.

Roux (mixture of butter, flour and spices to flavor and thicken.)

Ingredients: 2 oz. butter, margarine or oil, 1/3 cup Kentucky Kernel® Seasoned Flour. Melt butter over medium heat, blend in Kentucky Kernel® Seasoned Flour until roux is like a thick batter. To enhance creamed soups and vegetables, and for delicious sauces or gravies, add 1 or 2 Tbsp. of roux (to taste).

Country Fried Beef or Chops (shown)

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.



NET WT. 22 oz. (623 g.)

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USE BY:

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