

# Seafood or Poultry Gluten Free Breading

Gluten free, non-GMO all purpose breading

<b>Ingredients</b>	<b>Volume</b>	<b>Grams</b>	<b>Percent</b>
Insta Grains® Brown Rice Flour	1/2 cup	60	45.45
Insta Grains® Brown Rice Crumb	1/2 cup	70	45.45
Paprika	1/2 tsp	1	2.0
Salt	1/4 tsp	0.5	1.0
Black Pepper	1/4 tsp	0.5	1.0

## Method

1. Dredge seafood or poultry in flour.
2. Dip in egg.
3. Coat with breading mix.
4. Prepare as desired—baked, deep fried or pan fry.

