

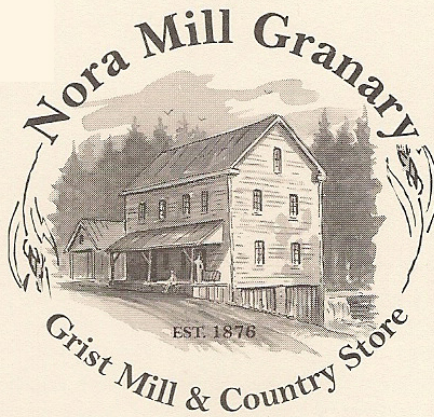


Nora Mill Granary
7107 South Main Street
Helen, GA 30545

706-878-2375
noramill.com

Crispy Mountain Batter Mix Recipes **Nora Mill Crispy Mountain Batter Mix**

Onion Rings • Fried Green Tomatoes • Baked Fish Fillets • Fried Chicken



Crispy Mountain Batter Mix

*For Onions, Vegetables, Chicken, Fish,
Cubed Steak, and Fried Green Tomatoes*

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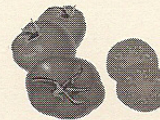
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Onion Rings

1 Cup Nora Mill Crispy Mountain Batter Mix
3/4 Cup cold water
Large onions (you can also use zucchini,
mushrooms, eggplant, cauliflower or
green peppers)



Cut large onions into 1/4" slices. Separate onions into rings. Combine Nora Mill Crispy Mountain Batter Mix with water. Mix batter until smooth. Dip onion rings into batter and drop into hot shortening (375° F), turning immediately and often until golden brown (approx. 2 1/2 minutes). Remove from shortening, drain on paper towels.



Fried Green Tomatoes (Southern Style)

1 Cup Crispy Mountain Batter Mix
1/2 Cup milk or buttermilk
2 or 3 Green Tomatoes

Slice tomatoes into 1/2" thick slices. Dip into milk or buttermilk and completely coat with Nora Mill Crispy Mountain Batter Mix. Fry in vegetable oil in hot skillet until well browned, turning once. Serve immediately with sour cream.

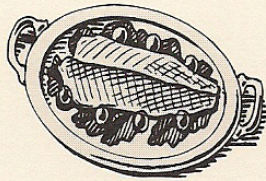




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Crispy Mountain Batter Mix Recipes (continued)



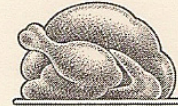
Baked Fish Fillets

1/2 Cup Nora Mill Crispy Mountain Batter Mix
1 Cup milk or water
1 lb. of fresh or thawed fish fillets
2 T. butter
Paper or plastic bag

Pour Nora Mill Crispy Mountain Batter Mix into paper or plastic bag. Moisten fish fillets in milk or water and drop into bag, gently shaking until completely coated. Melt butter and cover bottom of a shallow baking pan. Arrange fish in a single layer on pan, turning once to coat both sides with butter. Bake in a 350° F oven 15-20 minutes or until done.

Oven Baked "Fried" Chicken

1/2 Cup Nora Mill Crispy Mountain Batter Mix
Whole Chicken*, cut into pieces
2 T. butter
Paper or plastic bag
Whole milk or buttermilk



Pour Nora Mill Crispy Mountain Batter Mix into paper or plastic bag. Dip chicken pieces into milk or buttermilk and drop into bag, shaking until completely coated. Melt butter and cover bottom of a shallow baking pan. Arrange chicken in a single layer on pan. Bake at 400° F for 25 minutes. Turn chicken over and bake an additional 35 minutes or until cooked through and tender.

**Boneless chicken breasts, tenders or cubed steak can be substituted for whole chicken. Adjust cooking time accordingly.*

INGREDIENTS: Wheat flour, corn flour, salt, dried whey, corn starch, spices, baking soda, baking powder, buttermilk powder, powdered whole eggs.

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

