



Marithé's delicious recipes

Poultry nuggets

NO EGGS, WHEAT FLOUR, MILK OR PEANUTS

INGREDIENTS

- Poultry : turkey, chicken, goose, guinea fowl or duck, depending on food allowed,
- Rice flour (from Asian grocery stores),
- Coconut milk, diluted with water (2/3-1/3),
- Sunflower oil or other allowed oil,
- Salt.

INSTRUCTIONS

- Put the poultry breast meat into a food processor.
- Reduce to a paste.
- Add the rice flour, coconut milk and salt.
- Mix together to obtain a smooth mixture with a fairly soft consistency.
- Prepare deep fat for frying using the authorised oil.
- Put little «balls» of paste, the size of a large teaspoonful, into the hot oil.
- Cook until deep golden.

Recipe by
Marie-Thérèse ROTH



Internal medicine -
Clinical Immunology
and Allergology
Hôpital Central
29, Av. de Lattre de Tassigny
54035 NANCY Cedex