



## Crumbly Breadcrumb Topping

By Dylan Sabuco

**Prep Time 5 / Cook Time 5 / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**sprinkle:** to scatter small drops or particles of an ingredient evenly or randomly over food.

**toast:** to brown and crisp food in a heated skillet or oven, or in a toaster.

### Equipment

- Small frying pan
- Small mixing bowl
- Dry measuring cups
- Measuring spoons
- Wooden spoon

### Ingredients

Crumbly Breadcrumb Topping

- 1 C plain breadcrumbs **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free breadcrumbs)**\*\***
- 1 T Italian seasoning (or 1 tsp dried parsley + 1 tsp dried basil + 1 tsp oregano)
- 1/2 tsp salt

### Food Allergen Substitutions

Crumbly Breadcrumb Topping

**Gluten/Wheat:** Substitute gluten-free/nut-free breadcrumbs.

## Instructions

### Crumbly Breadcrumb Topping

#### measure + toast

Measure **1 cup breadcrumbs**, **1/2 teaspoon salt**, and **1 tablespoon Italian seasoning** in a small bowl. Gently stir to combine. Then, pour the mixture into a small, dry pan over medium-low heat. Cook for 3 to 5 minutes, or until the breadcrumbs are lightly toasted and brown.

#### sprinkle + serve

Sprinkle these breadcrumbs over **Comfort-in-a-Bowl Pimento Mac and Cheese** before baking. Enjoy!

## Featured Ingredient: Breadcrumbs!

Hi! I'm a Breadcrumb!

"Just like my name sounds, I come from bread! I'm just one of many breadcrumbs that are used by cooks the world over to bread meats and vegetables, to bind and add bulk to foods like meatloaf, and to top casseroles. We come in three different forms: dry, fresh, and panko."

Dry breadcrumbs come from toasted and finely ground bread. Any bread can be used. You can make them at home by grinding baked or toasted bread in a blender, food processor, or with a grater. You can also purchase them in a grocery store. They are sometimes seasoned with herbs and spices like salt, garlic powder, onion powder, oregano, and parsley. Seasoned breadcrumbs are usually called Italian-style breadcrumbs. Dry breadcrumbs are used to bread foods before frying or baking. They add bulk to and help bind ingredients in meatballs and meatloaf. They also thicken soups and stews.

Fresh breadcrumbs are usually made at home from any fresh bread by coarsely grinding it in a blender or food processor. They are used soon after processing to remain soft and not dry out, although they can be frozen in a resealable freezer bag. Fresh breadcrumbs can also be seasoned and often top casseroles and gratins.

Panko breadcrumbs are made from crustless white bread. They are large, white, and flaky crumbs. They were originally used in Japanese cooking but have become popular in many cuisines. They have a lighter, crispier texture than other breadcrumbs and produce crispier fried foods.

Breaded foods are foods that are coated in breadcrumbs, cracker crumbs, or flour. They are then fried in oil or baked in the oven. Foods that can be breaded with breadcrumbs include chicken, fish fillets, hard-boiled eggs in sausage (Scotch eggs), meat cutlets, and vegetables, like eggplant or zucchini.