What do you base a meal on? With us it?s often what?s in the fridge - an open half tin of Baked Beans on this occasion! As we?ve had a couple of fairly complex experimental meals over the last few days we thought we?d just have an old favourite - Crispy coated Chicken, with home made Onion Rings, chips and home made Coleslaw.

It?s not big and it?s not clever . But it was very tasty!

Here?s the latest crispy coating recipe (We used Salt and Vinegar Crisps this time!)

Onion Rings recipe here