

Chicken Fried Chicken (chicken)

Prep: 2 hrs. Cook: 10 mins. Serves: 4

Ingredients

Chicken

- 2 c. buttermilk
- 3 large eggs
- 2 tsp. hot sauce, optional
- 1 tsp. Worcestershire sauce
- 1 c. all-purpose flour
- 1/2 c. cornstarch
- 2 tsp. Montreal Steak seasoning (or salt)
- 1 tsp. garlic powder
- 1/2 tsp. pepper
- 3/4 tsp cayenne
- 4 chicken breast, boneless, skinless
- 4 c. canola oil

Gravy

- 1/4 c. onions, finely chopped
- 1 tsp. minced garlic
- 3 T. all-purpose flour
- 1/2 c. milk
- 1 1/2 c. chicken broth (I use 2 TSP. Better Than Boullion)
- cayenne pepper, pinch, salt and pepper, to taste



Instructions

Chicken:

1. In a large bowl, whisk buttermilk, eggs, hot sauce and Worcestershire sauce.
*Place the chicken in the buttermilk and marinate for 1-2 hrs.
Save the marinade after refrigeration.
2. In a separate bowl, whisk flour, cornstarch, salt, garlic powder, pepper and cayenne pepper.
Dip individual chicken breast into the (1) flour mixture coating each side, (2) then back into the marinade, (3) then coat again in the flour mixture.
Place coated chicken on a baking sheet and refrigerate for 15 minutes.
3. Add canola oil to a cast iron skillet or frying pan and heat to medium high heat.
Also, preheat the oven to 300 degrees.
When oil is hot, fry chicken breast on each side until golden brown.
Place fried chicken on a parchment paper lined baking sheet and place in the oven while you prepare the gravy.

Chicken Fried Chicken (cont.)

Gravy:

4. Add 1/4 cup of canola oil to a sauté pan over a medium heat. Add in onions and garlic and cook and stir for about 2 minutes.

Stir in flour and cook to create a light brown roux.
Cook until brown not burned

5. Stir in milk and chicken broth, then turn up the heat to high until mixture starts to boil, then reduce heat to medium/low and allow it to thicken.
Add in cayenne pepper if using. Taste and adjust seasoning.

6. Turn off the heat and spoon gravy on top of the chicken.
Sprinkle with parsley and serve hot with mashed potatoes.