

BUTTERMILK FRIED CHICKEN

Ingredients

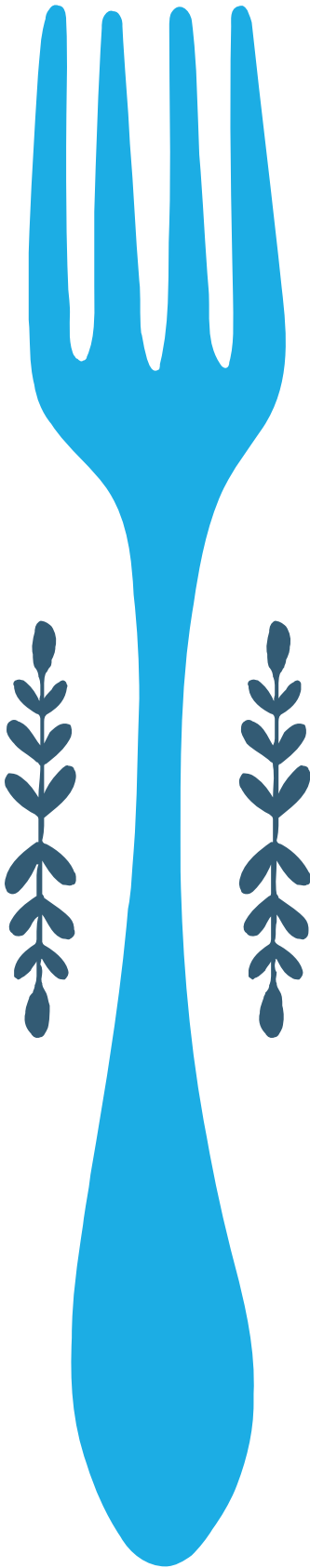
INGREDIENTS

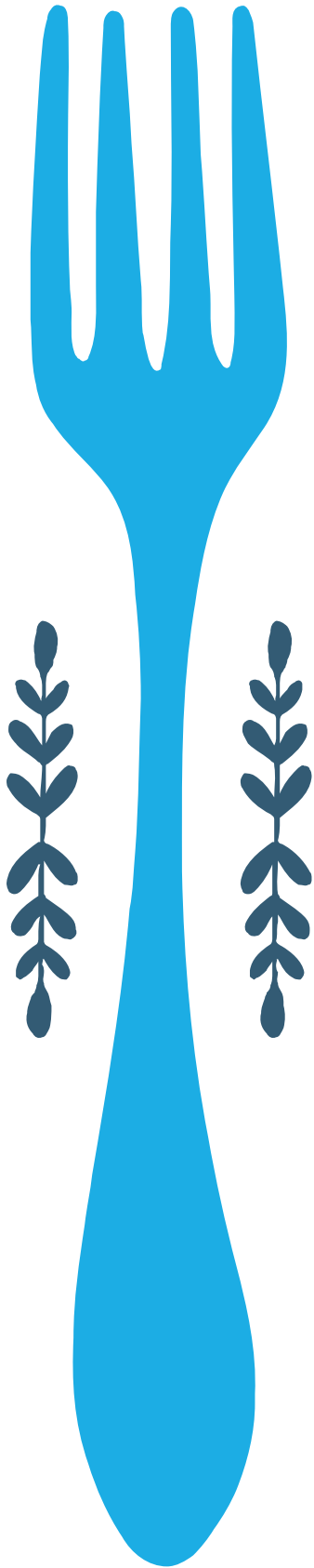
- 4 Country Range Premium Chicken Breasts
- 250 ml Buttermilk
- 35 g Country Range Blackened Cajun Seasoning
- 75 g Country Range Plain Flour or Rice flour
- 25 g Country Range Bread Crumbs or Polenta
- 500 ml Country Range Rapeseed Oil

Method

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1. Remove the inner fillet and put to one side to use in another dish
2. Cut the breasts in half horizontally
3. Scallop the breast halves to create 4 pieces per breast
4. Mix the buttermilk, eggs and 1 tbsp of Cajun seasoning in a bowl
5. Add the chicken and marinate for at least an hour or preferably overnight
6. Mix the breadcrumbs, flour and the rest of the Cajun seasoning
7. Remove the chicken from the fridge
8. Coat each chicken piece in the breadcrumb mix
9. Heat the oil in a pan ensuring the temp does not exceed 180°C





- 10. Carefully place the chicken in the hot oil and fry for 2-3 mins on each side*
- 11. Remove the chicken from the pan and repeat if necessary*
- 12. Serve with barbecued corn, wedge of lime and a dipping sauce of your choice*