

Maine Arts Camp

Recipe Name: Chicken Fried Chicken

Chef: Charles Limoggio CEC

Preparation Time:

Servings: 6

Portion Size

Yield:

Quantity	Unit	Ingredient Name	Prep Notes
30	Each	Saltine crackers	
2	Tablespoons	A-P Flour	
2	Tablespoons	Dry potato flakes	
1	Teaspoon	Seasoned salt	Like Lowry's
½	Teaspoon	Ground black pepper	
1	Large	Egg	
6	4 ounces	Boneless skinless chicken breasts	
2	Cups	Vegetable oil	

Procedure:

1. Place crackers in a large resealable plastic bag; seal bag and crush crackers with a rolling pin until they are coarse crumbs. Add the flour, potato flakes, seasoned salt, and pepper and mix well.
2. Beat egg in a shallow dish or bowl. One by one, dredge chicken pieces in egg, then place in bag with crumb mixture. Seal bag and shake to coat.
3. Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
4. Fry chicken, turning frequently, until golden brown and juices run clear, 15 to 20 minutes

Notes: