

# Butter Fried Chicken

**BONELESS SKINLESS CHICKEN BREASTS  
OR THIGHS (thickness should not exceed  
3/4". Cut depth in half if needed)**

**1/2 CUP SALTED BUTTER  
NO SALT CHICKEN SEASONING  
1/2 ONION (CHOPPED)  
BLACK PEPPER  
FLOUR (WHITE LILY)**

Score chicken pieces with crisscross pattern about 1/2" deep slices. Add salt and pepper to scored side well. Refer to video tutorial for further explanation.

Preheat a skillet. Add butter. Lightly coat chicken with flour. Place in hot skillet and fry on medium heat for 4 minutes per side. Turn up heat - add chopped onion and no salt seasoning if desired. Continue cooking chicken at a higher heat for browning for 1-2 minutes per side. Total cook time should be around 10-12 minutes. Chicken should be cooked throughout. Let chicken rest 5 minutes before serving.