

Cajun Chicken Fillet

1 LARGE CHICKEN BREAST

Cut breast in half and then half again making 4 fillets
(good size for biscuit)

**CHRIS'S SPECIAL SEASONING PG. 140
HOT SAUCE (YOUR CHOICE)**

**PIE PLATE: 1 CUP SELF-RISING FLOUR WITH 4
TSP. CHRIS'S SEASONING-MIXED WELL.**

**2ND PIE PLATE: 2 EGGS AND 1/2 CUP MILK
BLENDED WITH A FORK WELL.**

Take each piece of chicken-Dip into egg (top with hot sauce if desired) and then into flour making sure to press flour onto chicken well. Let it sit 10 minutes before frying so coating will adhere well.

**BEST METHOD DEEP FRYER, OR USE IRON
SKILLET: BEST TO USE PEANUT OR CANOLA OIL.**

Preheat oil to 350 degrees. Drop chicken and fry for 10 minutes. Take out and place on wire cooling rack to cool. Do not rest chicken on paper towels so it will remain crunchy.

Chicken internal temperature should be 180
Degrees Fahrenheit. Serve in biscuits.