

Chicken Fried Chicken

Recipe Pictured on Page 147

2 BONELESS SKINLESS CHICKEN BREASTS
1 1/2 CUPS WHITE LILY SELF-RISING FLOUR
BLACK PEPPER & SALT
1/4 CUP BUTTERMILK (WHOLE)
OIL (CORN OR PEANUT)

Cut each breast into two pieces lengthwise, making two pieces same size but thinner. Put in gallon bag and beat flat (about 1/2" thick) with flat side of meat mallet. Take out. Salt and pepper very well on one side. Pour buttermilk over and coat well. Put flour in shallow dish. Coat chicken pieces well with flour. Fry on medium/high heat in 1/2" of preheated oil for 3 minutes per side (golden brown). Use drippings and make my white butter gravy recipe to serve over chops!

Tammy's Tip: DO NOT LET DRIPPINGS BURN OR GRAVY WILL NOT BE GOOD! If drippings burn, clean out skillet before making butter gravy. It will still be delicious!

Gravy:

DRIPPINGS

1/2 CUP BUTTER

1/2 CUP WHITE LILY SELF RISING FLOUR

1/2 TSP. SALT

1/4 TSP. BLACK PEPPER & 3 CUPS MILK

Pour out excess oil and keep drippings. Add butter, when melted add flour, salt, pepper and cook until you smell flour browning. Add milk and cook until thick. Serve over fried chicken with cream potatoes and my granny green beans.