

## *Chicken Fried Chicken*

**2 BONELESS SKINLESS CHICKEN BREASTS**

**1 1/2 CUPS WHITE LILY SELF-RISING FLOUR**

**BLACK PEPPER**

**SALT**

**1/4 CUP BUTTERMILK (WHOLE IF AVAILABLE)**

**OIL FOR FRYING**

**GRAVY:**

**DRIPPINGS (ABOUT 1/2 CUP OIL WITH DRIPPINGS)**

**1/2 CUP WHITE LILY SELF RISING FLOUR**

**1/2 TSP. SALT**

**1/4 TSP. BLACK PEPPER & 3 CUPS MILK**

Cut each breast into two pieces. Cut it lengthwise in half making two pieces same size but thinner (see video)

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 1 ½ c. flour in shallow dish. Coat chicken pieces well. Only dip once into buttermilk and once into flour. Fry on medium heat in 1/2" deep preheated oil for 3 minutes per side (golden brown) You may have to turn heat down while cooking. Use drippings and make my white gravy recipe to serve over chops! THIS WILL WIN A MAN'S HEART!

Gravy: Pour out excess oil and keep enough to cover bottom of skillet with drippings. Add flour, salt and pepper and cook until you smell flour browning (2 min) Add milk and cook until thick. Serve over the fried chicken with cream potatoes and my granny green beans.

**DO NOT LET DRIPPINGS BURN OR GRAVY WILL NOT BE GOOD.**