

# Fried Chicken Tenders

**CHICKEN BREAST**  
**WHOLE BUTTER MILK**

Chicken is cheaper on bone. Buy it when it's on sale and cut breast meat from bone. Cut into 1" strips. Soak strips in buttermilk 20-30 minutes at room temperature prior to frying.

**1 1/2 CUPS SELF-RISING FLOUR (WHITE-LILY)**  
**1 TSP. PEPPER**  
**1 1/2 TSP SALT**  
**2 TSP. PAPRIKA**  
**1 1/2 TBSP HIDDEN VALLEY RANCH MIX**

Mix dry ingredients well in a shallow dish or pie plate. After soaking chicken in buttermilk take each strip and coat well. Use your fingers and press flour onto chicken well. Coat all pieces. Let coated chicken rest 10 minutes prior to frying. This will help crust stick better.

**IRON SKILLET, WOK, OR LARGE SKILLET**  
**COOKING OIL, (PEANUT, CANOLA, VEGETABLE OIL)**

Put oil in skillet about 1" deep. Oil must be HOT. Put a small amount of crust in oil and once it floats and sizzles WELL, your grease is hot and ready! Fry tenders 3 minutes per side. Take out with tongs and place on paper towel covered platter/plate, or directly on a cooling rack. Serve with honey mustard.

*"These are the best chicken tenders you will ever taste! Everyone raves about how good they are." -Tammy*