

KENTUCKY FRIED CHICKEN SANDWICH

F MEDIUM

Last Modified: 01/15/2018

PREP: 24+ Hrs
COOK: 16 Min
AIR FRYER:

COPYCAT

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Small	Chicken Breasts (Boneless - Skin On Or Off)	
1/2	Cup	Buttermilk	
1	Cup	All Purpose Flour	Dredge

THOSE 11 HERBS & SPICES

1	Tsp	Sea Salt	
OR OPTIONALLY			
1/2	Tsp	Sea Salt	
AND			
2	Tsp	MSG	Optional
3/4	Tbsp	Dried Thyme	
3/4	Tsp	Dried Basil	
2	Tbsp	Hungarian Paprika	
1/2	Tsp	Ground Oregano	
1 1/2	Tbsp	Celery Salt	
1	Tbsp	Garlic Salt	
1/2	Tbsp	Ground Black Pepper	
1/2	Tbsp	Ground Mustard	
1/2	Tbsp	Ground White Pepper	
1/2	Tbsp	Ground Ginger	

SANDWICH TOPPINGS

4	Large	Brioche Hamburger Buns (Toasted & Buttered)	
OR			
4	Large	Onion Buns (Toasted & Buttered)	
OR			
4	Large	Kaiser Buns (Toasted & Buttered)	
1	Large	Vine Ripened Beefsteak Tomato	4 Thin Slices
4	Pieces	Lettuce Leaves	
4	Tbsp	Mayonnaise (Hellmann's)	

PREPARATION

FACTOID	<p>What makes KFC Original Recipe so GOOD? Unfortunately, it's SALT & MSG! ONE Chicken Breast will contain 85% of an adults daily recommended Salt intake. KFC also cooks their Chicken in a commercial "Pressure Fryer" which none of us can afford. Why make your own KFC when it's available just down the street? It's much cheaper and the current Chickens KFC uses are nearly Peeps, you get to use Chicken Breasts that are normal sized. This recipe comes extremely close and was printed in the Chicago Tribune: The Source - Claudia's hand written Recipe (the Colonel's second wife), Hell, the whole business may have been based on her Recipe!.</p>
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TOOLS	<p>1) 2 - Gallon Zip Lock Bags</p> <p>2) Spritzer Bottle With Any Oil You Like Inside (I prefer Olive Oil).</p> <p>3) Instant Read Probe Thermometer</p>
PREP	None
1	Trim excess Fat & Skin off of the Breasts. Flatten the Breasts between sheets of plastic wrap until they are about the same thickness all over. Repeat for each Breast.
2	MARINADE: KFC doesn't do this, BUT since we are air frying here rather than pressure frying, the Chicken will tend to be slightly drier. Soaking the Chicken Breasts in Buttermilk will create a moister Chicken. Add the Chicken into a zip Lock bag add in the Buttermilk, seal & squeeze to coat. Allow to marinate while refrigerated for a minimum of 30 minutes to overnight.
3	BREADING: In a large Zip Lock bag, Add in the Flour and 11 Spices. Seal & shake to mix well,
4	Cut a piece of parchment paper into the shape of your fryer Basket.
5	Remove a Breast from the Marinade bag, shake and immediately put into the Breeding Bag. Seal & shake to coat evenly.
6	Spritz each Chicken Breast on all sides with cooking Oil.
7	Place each Chicken Breast on the parchment (NOT touching) in the Basket to dry for 15 minutes, this will help to keep the Breeding attached during frying.
8	Set the Air Fryer temperature to 400 degrees F.
9	Pre-heat the Air Fryer for 5 minutes.
10	Insert the Basket and Air Fry for 8 minutes.
11	Gently turn the Breasts over and Air Fry for another 8 minutes.
12	Test the thickest Breast for 165 Degrees F.
SERVE	Toast & Butter or Butter & Fry each half of the Buns. Spread Mayonnaise thickly on each half. Place a Breast on each bottom. Top with a Slice of Tomato & Lettuce Leaves. Place the Bun top on and serve while hot.