

# KENTUCKY FRIED CHICKEN TENDERS

F EASY

Last Modified: 02/15/2023

PREP: 1 Hr 30 Min  
COOK: 14 Min  
AIR FRYER: 380

COPYCAT

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Fresh Chicken Tenderloins	
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	

## PREPARATION

<b>FACTOID</b>	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 Tenders that are a normal size. 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!.
<b>TOOLS</b>	1) 2 - Gallon Zip Lock Bags 2) Spritzer Bottle With Any Oil You Like Inside (I prefer Olive Oil). 3) Instant Read Probe Thermometer
<b>PREP</b>	None
<b>1</b>	Cut the Chicken into approximately 1" square thin pieces. ALL should be approximately the same weight, the shape isn't truly all that important..
<b>2</b>	<b>MARINADE:</b> 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 Tenders in Buttermilk will create a moister Chicken. Add the Tenders into a zip Lock bag add in the Buttermilk, seal & squeeze to coat. Allow to Marinate while refrigerated for 1 hour

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<b>3</b>	<b>BREADING:</b> In a large Zip Lock bag, Add in the Flour and 11 Spices. Seal & shake to mix together completely.
<b>4</b>	Spray the Air Fryer Basket lightly with Pam Cooking Spray
<b>5</b>	Remove a Chicken Tender from the Marinade bag, drain for a few seconds and immediately put into the Breading Bag. Seal & shake to coat evenly.
<b>6</b>	Place each Breaded Chicken Nugget (NOT touching) in the Basket to dry for 15 minutes, this will help to keep the Breading attached during frying.
<b>NOTE</b>	Depending upon the size of your Air Fryer, you may have to do this in batches.
<b>7</b>	Spritz the tops of the Chicken Tenders with cooking Oil.
<b>8</b>	Set the Air Fryer temperature to 380 degrees F.
<b>9</b>	Pre-heat the Air Fryer for 5 minutes.
<b>10</b>	Insert the Basket and Air Fry for 7 minutes.
<b>11</b>	Gently turn the Chicken Tenders over.
<b>12</b>	Spritz the tops of the Chicken Tenders with cooking Oil.
<b>13</b>	Air Fry for another 7 minutes.
<b>14</b>	Test the largest Chicken Tender for 165 Degrees F.
<b>SERVE</b>	Place the Chicken Tenders on a serving platter. Serve while hot along with several warm Dipping Sauces on the side that your family likes.