

# CHICKEN FRIED CHICKEN WITH GRAVY

**F EASY**

Last Modified: 01/10/2020

PREP: 40 Min  
COOK: 25 Min  
SHALLOW FRIED

CHICKEN

**MAKES 4 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
4	Whole	Chicken Breasts (Boneless / Skinless)	
1	Cup	Vegetable Shortening	For Frying
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

## BREADING

3/4	Cup	All Purpose Flour	Divided
1/4	Cup	Cornstarch	
1	Tsp	Garlic Powder	
1/2	Tsp	Dried Oregano	
1/4	Tsp	Cayenne Pepper	
1	Tsp	Sea Salt (Iodized)	
1/2	Tsp	Ground Black Pepper	

## DREDGE

1	Cup	Buttermilk	
2	Tsp	Baking Powder	
1	Tsp	Baking Soda	
1	Large	Egg	Beaten
1 +/-	Tsp	Hot Sauce (Tabasco / Sriracha / etc.)	To Taste
2	Cloves	Garlic	Microplaned

## OPTIONAL COUNTRY GRAVY

1	Recipe	Bechamel Sauce (Sawmill Gravy Version)	
OR			
		All Purpose Flour	As Needed
1/4	Cup	Unsalted Butter	
2 1/2	Cups	Whole Milk	
1/4	Tsp	Sweet Paprika	
1 +/-	Pinches	Sea Salt (Iodized)	To Taste
1 +/-	Pinches	Ground Black Pepper	To Taste

## OPTIONAL SIDES

1	Cup	Mashed Potatoes	
1	Cup	Pepper Bacon Green Beans	
1	Cup	Sweet Corn	

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PREPARATION	
<b>FACTOID</b>	This makes a GREAT Chicken Sandwich and a quick, delicious dinner for two.
<b>TOOLS</b>	1) Meat Hammer 2) Pie Tin 3) Shallow Mixing Bowl. 4) Large Cast Iron Skillet. 5) Infra-Red Thermometer. 6) Aluminum Half Sheet Pan & Wire Rack
<b>PREP</b>	<b>DISH</b> 1) Microplane the Garlic Cloves and set them aside.
<b>1</b>	<b>CHICKEN:</b> Place the (thawed) Chicken Breasts between two pieces of plastic wrap. Pound with a meat hammer until it is evenly 1/4" thick. Repeat for each Breast.
<b>2</b>	<b>CHICKEN:</b> In turn, sprinkle each Breast on both sides with Salt & Pepper. Place the Breasts on a wire rack until all are pounded flat.
<b>3</b>	<b>BREADING:</b> Combine the Breading Mixture in a pie tin.
<b>4</b>	<b>DREDGE:</b> In a shallow mixing bowl, beat the Egg until no white streaks are visible. Whisk in the Buttermilk, Hot Sauce, Garlic, Baking Powder, Baking Soda, Sea Salt and Black Pepper until it is an even color.
<b>5</b>	<b>CHICKEN:</b> Coat both sides of each Chicken Breast in the Breading Mixture. Dip both sides in the Dredge and then again, coat with the Breading. Pat both sides of each Breast so the dry Breading adheres and gently set them aside on a wire rack (do NOT stack) until all are completed. Wait 10 minutes before frying for the Breading to fully adhere.
<b>CAUTION</b>	Vegetable Shortening will TASTE BURNT at 360 degrees (it's smoke point). It is also VERY close to actually catching fire when it reaches 370 degrees.
<b>6</b>	<b>FRYING:</b> In a large cast iron skillet over medium high heat, add in the Shortening and heat until it stabilizes at 325 degrees. SEE CAUTION ABOVE! Fry the Steaks until evenly GB&D (Golden Brown & Delicious), about 3 to 5 minutes per side. Place the fried Breasts on a plate with paper towels and place them in a warm oven (200 degrees) to keep warm.
<b>7</b>	<b>GRAVY:</b> Drain as much of the Shortening as possible from the skillet, leaving behind ALL of the fond (solids) as possible.
<b>8</b>	<b>GRAVY:</b> Reduce the heat to medium. Melt the Butter and whisk any remaining Breading Mixture into the Butter. Scrape the bottom of the skillet with a metal spatula to release the stuck on solids. Cook until golden & bubbling, about 3 minutes. Whisk in the Milk. Increase the heat back to medium and bring the gravy to a simmer. Cook for 6 to 7 minutes, stirring often until thick. You can add in additional Flour if its not thick enough, but you MUST cook any new Flour additions for 3 minutes more.
<b>SERVE</b>	Drizzle the top of each Breast with Gravy and serve while hot with Mashed Potatoes on