

Crispy Chicken Tenders

Ingredients:

- **2 lbs** chicken tenders (or chicken breast cut into 1-inch strips)
- **3/4 cup** flour
- **3/4 cup** cornstarch or rice flour
- **1 tbsp** kosher or sea salt
- **1 tsp** black pepper
- **1/2 tsp** granulated garlic
- **1/2 tsp** granulated onion
- **1 tsp** paprika
- **1 tbsp** baking powder (*not baking soda – helps crisp them up!*)
- **1 large** egg, beaten
- **1 tbsp** water

👉 **Oil for frying** • Pat the chicken **completely dry** with paper towels. This helps them crisp up!

👉 Sprinkle tenders with **baking powder** and massage into chicken. Set aside for 10 minutes.

Prepare the Coating

In a large bowl, whisk together **flour, cornstarch (or rice flour), salt, black pepper, garlic, onion, and paprika**. This dry mix will give the tenders their crispy, crunchy texture.

Make the Wet Mixture

In a separate bowl, beat **the egg with 1 tablespoon of water**. This will help the breading stick to the chicken.

Bread the Chicken

- Dip each chicken tender into the egg mixture, making sure it's fully coated.
 - Then dredge it in the flour mixture, pressing lightly so the coating adheres well. Shake off excess flour.
- 👉 **For extra crispiness, repeat the process (egg → flour) for a double coating.**




Heat the Oil

- In a deep skillet or frying pan, heat **about 2 inches of oil** over medium-high heat to **375°F (191°C)**.
- If you don't have a thermometer, test by dropping a small amount of batter into the oil— if it sizzles and floats, it's ready.

Fry the Tenders

- Fry the chicken in batches to avoid overcrowding. Cook for **3-4 minutes per side**, or until golden brown and crispy.
- The internal temperature should reach **165°F (74°C)**.

Drain & Serve

- Remove tenders and place them on a **wire rack** (or paper towels) to drain excess oil.
- **Serve With:**
 -  Celery & Carrot Sticks
 -  Blue Cheese, Buffalo or Ranch Dressing
 -  A cold drink of your choice!