

## Chicken Sandwich “Southern Style”

Okay, there are many ways to fry up a chicken breast or tenders for a chicken sandwich. And many of you even opt for the frozen chicken patties. Heck, we sell a lot of them in my business. But once you try this one, you won't go back to plain old fried chicken. It does not take much time to fry up either. Just a little bit of prep work.

- 2 4oz Chicken Breasts (boneless)
- 1 Cup of Buttermilk
- ½ tsp of Season Salt
- ½ tsp of Garlic Powder

Marinate the chicken breast in the buttermilk and seasonings for 24 hours (preferred). Pull out of the refrigerator while putting together your flour mix and heating up your frying oil to 350°.

### Flour Mixture (breading)

- 1 Cup of All-Purpose Flour
- ½ tsp of Season Salt
- ½ tsp of Garlic Powder
- Salt n Pepper to taste

Take the chicken, one piece at a time letting the excess buttermilk drip off and dip into the flour, cover the entire surface of the chicken. Depending on the thickness of the chicken, you are looking at 4-6 minutes fry time. Let stand for 2 minutes. Serve with your favorite toppings.

Try Pesto Mayonnaise as a topping. Take 1 tbs of Pesto to 2 tbs of Mayo. Good for two sandwiches. Do the same with BBQ Mayonnaise.

Great Eats!

Mike Popella

