



cara price

FRIED CHICKEN TENDERS

INGREDIENTS

- 2-1/2 pounds, chicken tenders
- 2 eggs
- 1/2 cup coconut flour
- 1/2 cup arrowroot flour
- 1 tablespoon + 2 teaspoons salt
- 1 teaspoon pepper
- 1/2 teaspoon onion powder
- 2 cups of high heat, cooking fat*
- optional: finishing salt

*I recommend you use an organic lard

DIRECTIONS

crack the eggs into a large glass bowl & whisk.

put the chicken in with the eggs & toss to get all the chicken coated.

combine the flours, salt, pepper & onion powder & put them in the bottom of a 9x13 glass baking dish. remove chicken pieces, one by one & allow a little bit of the eggs to drip off {you want the chicken moist but not dripping when you put it into the flour}. dredge the chicken tenders in the flour until they are all done.

in a large cast iron skillet, heat the lard to medium high heat. working in batches of 5-7 pieces, place chicken in skillet 3-4 minutes per side {check your first batch to determine exact time}. remove to a dish lined with paper towels. continue until all the chicken is done.

lightly sprinkle with finishing salt if desired.

serve immediately.