

FRIED CHICKEN BREAST

Date: 08/05/2014

Plate: Sav-a-day

STEP #1: INGREDIENTS

1 each	<u>Chicken Breast - Pounded</u>
To dust	Seasoned Flour
To batter	Chicken Buttermilk
To bread	Seasoned Flour

NOTE: When cooking Fried Chicken Breast for a Honey Island Chicken Sandwich, the chicken breast must remain whole.

NOTE: When cooking Fried Chicken Breast for a Fried Red Bean Platter, the chicken breast must be placed on a deli sheet and cut in half ACROSS the breast to create 2 pieces BEFORE breading.

Procedure

Step #1:

- Using the open finger method**, tumble the chicken in the flour, making sure to coat the entire surface.
- Place the chicken in a culinary basket, and shake vigorously to get a very fine dusting.
- Submerge the chicken in the batter, using a spatula to help coat the entire breast.
- Raise the basket, and **tap against the pan 3 times** to remove excess batter.
- Using the open finger method** again, tumble and flip the chicken in the flour. Tumbling incorporates air into the flour, achieving the desired "spikes."
NOTE: "Spiking" increases the volume of the breading, resulting in a lighter and crispier product.
- Remove the chicken from the flour, and place inside a culinary basket. GENTLY shake the basket to get rid of excess flour.
- Lower a fryer basket into the fryer oil**, then carefully place the chicken into the fryer basket.
- Fry for 2 1/2 minutes**, then drain on a sav-a-day. **SET A TIMER!!**

Set-Up / Garnish:

- Pass the chicken breast in the sav-a-day to the appropriate station for the dish to be completed.

