KFC-Style Chicken Tendies



INGREDIENTS – WHAT YOU NEED

1 pack (6 – 8) chicken tenders



1 – 2 cups of buttermilk



1 cup of plain flour



1 teaspoon chilli flakes (optional)



1½ teaspoons Chinese five spice



½ teaspoon paprika



½ teaspoon of coriander powder



canola oil



salt and pepper



METHOD – HOW TO COOK

Preheat the oven to 180ºC.



Line a baking tray with foil and baking paper.

Put aside.

We will cook the chicken in the oven as well.



Put the chicken in a plastic bag or bowl.

Pour enough buttermilk over the chicken to cover.

Seal the bag or cover the bowl.



Put in the fridge.

Leave to rest for at least 10 minutes.



Now let's make the coating:

Put in a mixing bowl –

- 1 cup of flour
- 1 teaspoon of salt
- 1 ½ teaspoons of Chinese five spice
- ½ teaspoon of paprika
- ½ teaspoon of coriander powder
- Chilli (none or lots)
- Pepper



Mix together very well.

Take each tendie out of the buttermilk.

Gently shake off any excess buttermilk.



Toss each tender gently in the flour coating.

Put aside on a plate or chopping board.



Pour oil in a pan to cover the bottom.

Heat the oil on medium to high heat.



When the oil is hot, add 2 or 3 chicken pieces.

Cook one side until KFC-golden, **not** brown.

Flip and cook the other side until golden.



The chicken will finish cooking in the oven.

Remove each tendie when it is cooked.

Put on your baking tray.



Put the baking tray in your oven

to cook the chicken through.



Cook the remaining tenders the same way.

Cook all the tendies in the oven for 10 minutes.

Remove from oven.



Serve hot with coleslaw (and maybe fat chips!).