

CopyCat KFC Crispy Strips

Ingredients

6 Chicken Breasts or 1 bag Chicken Tenders

Shortening to fry

1 Egg at room temperature

1 cup Milk

2 cups All-Purpose Flour

2 1/2 teaspoons Salt

3/4 teaspoon freshly ground Black Pepper

3/4 teaspoon MSG

1/8 teaspoon Paprika

1/8 teaspoon Garlic Powder

1/8 teaspoon Baking Powder

Directions

If using chicken breasts, cut into strips into strips.

Preheat shortening in a deep-fryer to 350°F.

In a small bowl, beat together egg and milk.

In a medium bowl, add flour, salt, pepper, MSG, paprika, garlic powder and baking powder. Mix well to combine.

Dip chicken first into egg mixture.

Then dip into flour mixture.

Repeat by dipping into egg and then flour for the extra crisp double dip.

Fry pieces, a few at a time, in the heated oil, until they are golden brown, about 5 minutes or until they float.

Remove chicken to a rack and allow to drain for 5 minutes