

CopyCat TGI Fridays Chicken Fingers

Ingredients

6 – 8 boneless, skinless Chicken Breasts or Thighs cut into strips

2 or more cups Buttermilk

1 1/2 cup Flour

2 – 3 teaspoons Lawry's Seasoning Salt or other Seasoning Spices of choice

Vegetable Oil to fry

Directions

Rinse chicken strips under cold water. Place on a paper towel-covered plate. Pat with more paper towels to dry.

Place dried strips into a large bowl.

Pour buttermilk over chicken. Toss and press to fully coat all strips. Set aside for 15 to 20 minutes, or longer if you'd like. If you need to wait more than 30 minutes, place bowl in refrigerator. If soaking over night, cover bowl tightly with plastic wrap and place in refrigerator. Allow to return to near room temperature before continuing.

In another bowl add flour and seasoning salt. Mix well.

Pour vegetable oil into a large skillet to a depth of about 1/2 to 1 inch.

Place over medium-low to medium heat.

Remove chicken strips from buttermilk, a few at a time, allowing excess buttermilk to drip off, and place in the flour mixture, turning them over to coat them thoroughly.

Place them on a plate. Continue with remaining strips.

Dip strips, a few at a time, back into buttermilk, just enough to fully coat and then back into flour mixture, turning to coat. Continue with remaining strips.

When the oil is hot and shimmering, add coated strips, a few at a time and cook for about 1 1/2 minutes or so on each side.

When golden and crispy, remove to a paper towel-covered plate to drain.

Repeat with remaining strips until all are cooked.

Serve hot with [TGI Fridays Honey Mustard Salad Dressing and Dipping Sauce](#)