

Buffalo Chicken Tenders

Provided By: Mark Hinshaw

Ingredients

oil for deep frying

1 cup unbleached all-purpose flour

2 teaspoons salt

1/2 teaspoon ground black pepper

1/2 teaspoon cayenne pepper

1/4 teaspoon garlic powder

1/2 teaspoon paprika

1 T Cajun spice

2 eggs

1 cup milk

3 skinless, boneless chicken breasts, cut into 1/2 inch strips

1/2 cup hot pepper sauce (I prefer Frank's)

3 tablespoons butter

Directions

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Combine flour, salt, black pepper, cayenne pepper, garlic powder, Cajun spice, and paprika in a large bowl. Whisk together the egg and milk in a small bowl. Dip each piece of chicken in the egg mixture, and then roll in the flour blend. Repeat egg and dipping so that each piece of chicken is double coated. Refrigerate breaded chicken for at least 30 minutes.

Fry chicken in the hot oil, in batches. Cook until the exterior is nicely browned, and the juices run clear, 5 to 6 minutes a batch.

Combine hot sauce and butter in a small bowl. Microwave sauce on High until melted, 20 to 30 seconds. Pour sauce over the cooked chicken; mix to coat.