

Betty's Batter-Dipped Fried Chicken Nuggets



Uploaded on 7 Apr 2011

In this video, Betty demonstrates how to make Batter-Dipped Fried Chicken Nuggets. This recipe features a batter that can be used for deep-fried chicken, seafood, or vegetables!

Ingredients:

2 ½ pounds uncooked chicken breast, cut into 1-inch cubes (I used 1 ¼ pounds of sliced chicken tenders, but there is enough batter to coat twice as much. You may also use this batter for chicken tenders or half-breasts.)

salt, to taste

freshly ground black peppercorns, to taste

1 teaspoon active dry yeast

¼ cup lukewarm water (105 to 115 degrees F)

¾ cup water

1 egg, well-beaten

1 cup all-purpose flour

½ teaspoon salt

peanut oil, enough to come up to 1-inch in a heavy pot

Cut uncooked chicken breast meat into 1-inch cubes. Salt, to taste. Grind fresh peppercorns over the top, to taste. Mix together, cover, and let sit in the refrigerator for an hour or so. Combine ¼ cup lukewarm water and 1 teaspoon active dry yeast in the container of an electric blender. Let stand for 5 minutes. Add ¾ cup water, 1 well-beaten egg, 1 cup all-purpose flour, and ½ teaspoon salt. Blend for 30 seconds. Pour batter into a bowl. Dip chicken cubes into batter and deep fry in 1-inch peanut oil (350 degrees to 375 degrees F) until golden. Use a slotted spoon to remove the browned chicken nuggets to a platter covered with paper toweling to drain. Continue in batches until all chicken nuggets are cooked. Remove from paper toweling to a nice serving plate. These are terrific served with a sauce, such as Blazin' Hot Wing Sauce (from bettyskitchen). This batter makes about 2 cups, and you may use it for chicken, seafood, or vegetables. It's great! --Betty ☐