

## Betty's Chicken on a Stick



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In this video, Betty demonstrates how to make Chicken on a Stick.

This is what I chose to go along with the Honey Mustard Dipping Sauce from my most recent video. Chicken on a Stick is made by marinating chicken tenders in herbed buttermilk, skewering them onto bamboo skewers, dredging them in seasoned flour and shallow frying them. They are convenient to serve at parties and are oh, so delicious!

Ingredients (makes 6):

- 12 chicken tenders (about 2 pounds)
- 1 ½ cups buttermilk
- 1 to 2 tablespoons fresh chopped tarragon
- 1 to 2 tablespoons fresh chopped parsley
- 1 to 2 tablespoons fresh chopped thyme
- ¼ to ½ teaspoon ground red cayenne pepper
- ½ cup flour
- ½ cup cornstarch
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- salt, to taste
- pepper, to taste
- 6 bamboo skewers
- 3 cups peanut oil

Cut each chicken tender in half lengthwise. In a large bowl, mix together 1 ½ cups buttermilk, ¼ to ½ teaspoon ground red cayenne pepper, 1 to 2 tablespoons fresh chopped tarragon, 1 to 2 tablespoons fresh chopped parsley, and 1 to 2 tablespoons fresh chopped thyme. Place split chicken tenders in buttermilk mixture, cover with plastic wrap, and refrigerate for at least 4 hours (overnight, if convenient). Remove the marinated chicken tenders from the buttermilk mixture set the buttermilk mixture aside. Skewer the marinated chicken tenders onto 6 bamboo skewers, 2 pieces per skewer. Place each loaded skewer on a rack over aluminum foil to drain. In a shallow dish, mix together ½ cup flour, ½ cup cornstarch, ½ teaspoon garlic powder, ½ teaspoon onion powder, and salt and pepper, to taste. Heat 3 cups peanut oil to 350 degrees (F) in a large cast iron skillet. Dredge each prepared chicken tender skewer in flour mixture, shaking off excess flour mixture. Dip into the buttermilk mixture and then back into the flour mixture, again shaking off any excess flour mixture. Use tongs to place prepared skewers into hot peanut oil, shallow frying about 4 at a time. Let chicken cook until browned on the bottom, and then turn once, allowing the chicken to brown on the other side. It will take about 8 minutes per batch. Remove chicken skewers when they are done and place on paper toweling to drain. When all batches are complete, transfer finished Chicken on a Stick to nice serving plate. Serve with Honey Mustard Sauce or Chicken Dipping Sauce (both available in bettyskitchen). This is a great, fun appetizer or meal. Kids love it! Enjoy! Love, Betty ♥