

# Betty's Kentucky Fried Popcorn Chicken Recipe

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In this video, Betty demonstrates how to make her version of Kentucky Fried Popcorn Chicken. With 11 herbs and spices for flavor, and flour for coating, generous-sized chicken nuggets are fried in peanut oil to make a variation of KFC's Popcorn Chicken. You'll love this lighter style treat, which has a decreased amount of fat and salt!

## Ingredients:

- 1 tablespoon paprika
- ½ tablespoon onion salt
- 1 teaspoon celery salt
- 1 teaspoon rubbed sage
- 1 teaspoon garlic powder
- 1 teaspoon ground allspice
- 1 teaspoon ground oregano
- 1 teaspoon chili powder
- 1 teaspoon ground black pepper
- 1 teaspoon sweet basil, crushed
- 1 teaspoon marjoram, crushed
- 2 pounds uncooked chicken breast meat, cut into chunks—sized to your liking
- 1 cup flour
- ¼ cup peanut oil—more, if needed



In a small bowl thoroughly combine 1 tablespoon paprika, ½ tablespoon onion salt, 1 teaspoon celery salt, 1 teaspoon rubbed sage, 1 teaspoon garlic powder, 1 teaspoon ground allspice, 1 teaspoon ground oregano, 1 teaspoon chili powder, 1 teaspoon ground black pepper, 1 teaspoon sweet basil, crushed, and 1 teaspoon marjoram, crushed, and set aside. Cut 2 pounds of uncooked chicken breast meat into chunks, and set aside. Pour 1 cup flour into a zip-lock bag, and set aside. Now, take about half of the herb seasoning mixture, and add it to your uncooked chicken chunks, and work it in with your hands. This will give a medium amount of spiciness to the chicken. Add more of the herb seasoning, if you like a spicier flavor. (You may cover the chicken with plastic wrap, and let it sit in the refrigerator to absorb the herb flavors for about 4 hours, if you choose, but that is not necessary.) When you are ready to fry your herb-seasoned chicken chunks, heat about ¼ cup of peanut oil in a skillet, until a sprinkling of flour sizzles. Then, place a handful of seasoned chicken chunks in the zip lock bag, shake the bag until the chicken chunks are thoroughly coated, shake off any excess flour, and place them individually into the hot oil. Continue until you have a single layer of chicken chunks in the skillet. Reduce the heat, and tend to the chicken closely, as it will cook quickly! When each piece is brown on the bottom side, turn it over to brown on the top side. When both sides are brown, the chicken is most likely done. You may test for doneness by cutting into the largest piece, and it should be white all the way through—no pink! Remove the chicken chunks to a plate that is covered with paper toweling for draining any excess oil. Repeat the process to make a second skillet of Popcorn Chicken. (You may have to remove any leftover crumbs from the skillet, and replenish the peanut oil, by adding another ¼ cup.) When all of the chicken has been fried and drained, remove it to a nice serving platter. This is great for kids—big kids, too!!! Note: I am not making any claim that this is the official secret recipe of Kentucky Fried Chicken, only that it is \*my\* version of Kentucky Fried Popcorn Chicken—which I think you will find to be much healthier, having more meat and less coating, and therefore having less salt and fat! Enjoy!!!