

Betty's Southern Oven-Fried Chicken Breast Recipe



Uploaded on 2 Mar 2009

In this video, Betty describes how she makes her delectable Southern Oven-Fried Chicken recipe. It is crispy and delicious and very easy to make!

Ingredients:

2 pounds uncooked chicken breast meat (cut to make 4 equal-sized breast pieces)
meat tenderizer to taste
1 cup of flour (for dredging)
ground black pepper to taste
3 tablespoons cooking oil

With kitchen shears, cut off all excess fat, tendons, and gristle from the uncooked chicken and discard. Divide the 2 pounds of chicken into 4 equal-sized pieces. Sprinkle meat tenderizer (which takes the place of salt) on the top and bottom of each piece of chicken. Pour 3 tablespoons of peanut oil into an iron (or similar) skillet, and begin to heat it. (Watch it carefully, so that it doesn't smoke or burn.) Meanwhile, place 1 cup of flour in a zip-lock bag and place each piece of chicken (one-at-a-time), shake to coat the chicken with the flour, and place each piece of chicken into the hot peanut oil. When each piece is brown on the bottom, turn it, until all four pieces are turned. Immediately move the skillet of chicken to an oven that has been preheated to 400 degrees, and place the skillet on the center rack. Cook for about 25 minutes, or until done to your desired crispness. Remove the skillet from the oven and place it back on the cooktop. Immediately remove the 4 cooled chicken pieces to a tray covered with paper toweling to drain any excess grease. Place the 4 pieces of crisp, delicious chicken on a serving platter. Better than any prepared chicken you can buy, and much healthier for you!

Menu suggestion: Serve Betty's Southern Fried Chicken Gravy with this chicken.