

Betty's Super Bowl Spicy Chicken Crescents



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In this video, Betty demonstrates how to make Super Bowl Spicy Chicken Crescents. These are small, spiced, fried chicken pieces that are tucked into crescent roll dough and baked in the oven. They give a nice surprise when you bite into the tiny crescent roll and find fried chicken in the center!

Ingredients (to make about 24 chicken crescents):

boneless, skinless uncooked chicken breasts, with excess fat removed, as many as needed
8-oz. can refrigerated crescent rolls (You will need more than this if you choose to have more than 24 chicken crescents.)

½ cup flour

½ teaspoon to 1 teaspoon salt (I recommend 1 teaspoon salt.)

1/8 teaspoon ground red pepper

1/8 teaspoon ground cumin seed

1/8 teaspoon garlic powder

peanut oil for frying

freshly ground black peppercorns

dipping mustard, optional

With a knife, cut uncooked, boneless, skinless chicken breasts into small squares or rods (as many as you need). Set aside. In a quart-sized zip lock bag, place ½ cup flour, ½ teaspoon to 1 teaspoon salt, 1/8 teaspoon ground red pepper, 1/8 teaspoon ground cumin seed, and 1/8 teaspoon garlic powder. Bring the top of the bag together and shake until the flour and spices are mixed together. Pour peanut oil into a cast iron or other heavy skillet, until it generously covers the bottom. Heat the peanut oil over medium heat, until a pinch of flour will sizzle. Place a handful of the cut chicken breast pieces into the bag of seasoned flour. Bring the top together and shake to coat. Place individual coated pieces of chicken into skillet until there is a single layer of chicken in the skillet. Grind fresh black peppercorns over the chicken pieces as they fry. When the chicken pieces are brown on the bottom, use tongs to turn them to brown the other side. When both sides are browned, the chicken will be done. Remove individual pieces from skillet to a platter covered with paper toweling to drain. Repeat the coating and frying process for as many fried chicken pieces as you need. 24 pieces will fill 1 can of crescent rolls. To fill the crescent rolls, separate them out into the 8 individual triangles that come from the perforations. Divide each triangle into 3 triangles that are each large enough to cover a piece of chicken. Place a piece of fried chicken on the widest end of a triangle, tuck the ends over the top, and roll the crescent, until the chicken is completely covered. Place on a nonstick baking pan. Repeat this process for the rest of the triangles. Bake at 375 degrees (F) for about 6 to 8 minutes, or until crescents are puffed and golden. Place on a nice serving platter and serve immediately. These are great with dipping mustard. You may use honey mustard, but I recommend Herlocker's Dipping Mustard. This is a great pick-up food for a Super Bowl party or for any get together! I hope you enjoy them! --Betty ☐