

Betty's Fried Chicken Cutlet Sandwich



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In this video, Betty demonstrates how to make a Fried Chicken Cutlet Mini-Sub Sandwich. This sandwich uses the same type of bun as the Batter-Dipped Fish Poorboy Sandwich and also the same Tarragon-Chive Spread.

Ingredients (for 4 small sandwiches):

2 boneless, skinless chicken half-breasts, pounded until thin and each divided into 2 parts, for a total of four pieces
ground salt, to taste
ground black peppercorns, to taste
¼ cup all-purpose flour
¼ cup cornstarch
1 egg, well-beaten
½ cup fine, dry breadcrumbs
peanut oil for frying
mini-submarine buns
Tarragon-Chive sandwich spread (from bettyskitchen) or tartar sauce
Fresh lettuce leaves

With a meat mallet, pound the two chicken breast halves until they are about ½-inch thick. Cut into 2 pieces for small sandwiches (or leave whole for larger sandwiches). Grind salt and peppercorns over both sides, to taste. Mix together ¼ cup flour and ¼ cup cornstarch in a small shallow dish and set aside. Beat 1 egg with an electric mixer until well-beaten, and set aside. Pour ½ cup fine, dry breadcrumbs into a small shallow bowl, and set aside. Now, take one seasoned piece of pounded chicken and place it in the flour-cornstarch mixture, covering it completely. Next, dip it in the beaten egg, covering completely. Finally roll it in the fine, dry breadcrumbs and place it on a platter. Repeat this process until all chicken has been breaded in this fashion. Pour peanut oil into a heavy skillet until it covers the bottom and has a little excess. Heat the oil to about 350 degrees (F) and use tongs to place pieces of chicken flat in the hot oil. Do this in batches, if needed, rather than overlap pieces of chicken. Let the chicken fry for about 3 to 4 minutes on each side. When the chicken is brown on both sides, remove it to a platter that is covered with paper toweling to drain. When chicken is drained, prepare your sandwiches. For each sandwich,