

Southern Oven~ Fried Chicken



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 4

4 boneless, skinless chicken breasts

2c buttermilk

2T Tabasco Sauce ~ more or less to taste

2 garlic cloves, finely minced

canola oil, for sautéing

1c herbed bread crumbs

2T curly parsley, finely minced

Place chicken breasts in large zip~lock bag. Add buttermilk, Tabasco and garlic. Seal well, removing as much air as possible. Refrigerate at least 8 hours or overnight.

Remove bag from refrigerator and allow to sit at room temperature 45~60 minutes. Preheat oven to 350.

Remove chicken from buttermilk and pat dry with paper towels. Place herbed bread crumbs in clean zip~lock bag, add chicken and shake well to coat. Heat oil in large heavy skillet until very hot. Quickly sauté chicken on both sides until brown. Remove from oil and place on baking sheet covered with foil.

Bake 25~35 minutes or until juices run clear. Remove from oven, allow to rest 10 minutes, garnish with chopped parsley and serve.

Debbie Spangler ~ Certified Personal Chef

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