

Chicken-Fried Chicken

via The Redheaded Princess

Ingredients

4 chicken breasts

1/2 tsp. pepper

1/2 tsp. salt

2 eggs

1/2 cup milk

1-2 cups self-rising flour (for breading)

1/2 tsp. salt

1/2 tsp. black pepper

1/4 tsp paprika

1/4 tsp white pepper

vegetable oil or melted Crisco vegetable shortening

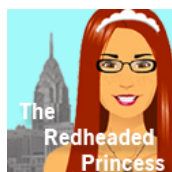
3/4 c. milk

3/4 c. water



Directions

1. First, preheat a heavy bottomed skillet. (Not non-stick) I love my cast-iron skillet. Melt the Crisco or use vegetable oil and slowly preheat it over medium high heat. Oil should be about 1/2 inch deep in the pan.
2. Use a mallet to pound the chicken out to 1/2 inch thickness so it is flat and will cook evenly.
3. Next, mix together 1/2 tsp. salt, 1/4 tsp. black pepper, 1/4 tsp paprika, and 1/4 tsp. white pepper. Rub the seasoning on both sides of the chicken.
4. Whisk together the eggs and milk in a low container or a bowl. Season the self-rising flour with salt and pepper. (Remove 3 T. of the seasoned flour to use with the gravy and set aside)
5. Dredge the chicken in the flour mixture shaking off any excess. Dip into the egg mixture coating both sides and then coat again with the flour.



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6. With a long handle fork carefully place each chicken breast into the hot oil. Fry on both sides, turning once until golden brown.
7. Reduce heat to low and cook 10 minutes covered
8. Remove from pan and set aside to drain.
9. Meanwhile, remove oil from pan except 2 tablespoons trying to keep as many of the brown bits as possible. Turn skillet on medium heat.
10. Sprinkle with the flour that you set aside. Whisk together and brown the flour. You want the gravy to be a nice golden brown, otherwise it'll taste like flour, not like the delicious gravy you want.
11. Combine the 3/4 cup milk and 3/4 cup water in a cup. Gradually stir in the milk/water stirring constantly to avoid lumps.
12. Voila! To die for cream gravy to serve over your yummy Chicken-Fried Chicken and mashed potatoes.

