

# The Best Chicken Tenders You Will Ever Eat

## Wet ingredients:

1 quart of buttermilk  
1 small bottle of Texas Pete hot sauce  
2 cups whole milk  
2 large eggs

### Dry ingredients:

2 cups unseasoned bread crumbs  
1 cup of flour  
1 cup of fine crushed corn flakes  
1 teaspoon sea salt  
1 teaspoon black pepper

You'll also need enough vegetable oil to fill your cooking pot 2-3 inches deep.

## Instructions:

You can thaw the chicken in its original package. Just be sure if any blood spills in your refrigerator to clean it up at once with a bleach and water solution.

Open the package in your sink and drain away any juices or blood. Wash your chicken under cold running water then pat to dry.

Move the chicken to your cutting board and cut each breast half into about 3 – 4 pieces, then lay it out on your cutting board and cover with plastic wrap. Beat the pieces flat with the meat hammer.

Now place all your chicken into a ziplock bag and pour in the buttermilk and hot sauce. Close the bag and place it into your

refrigerator overnight.

The next day, whip the milk and eggs in a small bowl.

In a large bowl add all the dry ingredients together very well.

Take your chicken tenders out of their buttermilk solution and place them into the milk / egg mixture, then coat them very well with the dry mixture. Now it goes back into the milk / egg mixture and then back into the dry mixture. You will now have breaded your chicken tenders twice. When you take them out of the breading the second time, lay them side by side on a dish or baking pan.

You will now want to use 2-3 inches of vegetable oil in a cooking pot. If you prefer to use a deep fryer, set it to 350°F. Now fry the chicken to a deep golden brown and drain on paper towels.

You can now serve them with honey mustard or ranch dressing. Serve with carrot and celery sticks for a little temperature and texture variation.