

# HONEY FRIED CHICKEN

Serves 4 | 45 min

## SUPPLIES

Frying Pan

Sauce Pan

Tongs

3 Bowls

Plate

Oven Mitt

## CHICKEN INGREDIENTS

½ cup vegetable oil

2 chicken breasts

1 cup flour

1 cup buttermilk

Green onions

## HONEY SAUCE INGREDIENTS

1 tbsp potato starch

1 tbsp water

½ cup honey

1 tbsp apple cider vinegar

1 tsp sesame oil

2 tbsp soy sauce

## DIRECTIONS

1. Cut chicken into 1-inch cubes.
2. Put **flour** in one bowl and **buttermilk** in the other.
3. Heat **vegetable oil** in large frying pan over medium heat.
4. Dip cube of chicken into the **flour**, then the **buttermilk**, and one last time into the **flour**. Then place in frying pan using tongs. May want to use oven mitt due to the hot oil.
5. Keep repeating with around 5-6 pieces of chicken at a time in the frying pan. Cook until all sides of the chicken are golden, generally 3 minutes per side. Transfer the cooked chicken onto a paper towel lined plate.
6. In a separate bowl combine the cornstarch and water.
7. In a saucepan combine the **honey**, **apple cider vinegar**, **sesame oil**, and **soy sauce**. Bring to a boil and then reduce heat to low and add cornstarch mixture. When the sauce has thickened turn off the heat and set aside. If the sauce is not thickening, create another cornstarch mixture and then stir it in.
8. Coat the chicken in the sauce and garnish with green onions.