

Chicken and Waffles Breakfast Guide (Regular and Vegan)

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Breakfast Recipes

Quick and easy recipes tailored to specific tastes



Figure 1: Vegan Fried Chicken and Waffles

Vegan Recipe sourced from One Green Planet: <http://www.onegreenplanet.org/vegan-recipe/chicken-and-waffles/>



Figure 2: Fried Chicken and Waffles

Recipe sourced from Food Network and Ree Drummond: <http://www.foodnetwork.com/recipes/ree-drummond/chicken-and-waffles.html>

Vegan Fried Chicken Ingredients

This vegan fried chicken is half of an amazing chicken and waffles recipe that is entirely vegan while busting the stereotype of bland, uninspired vegan cooking. The spices and seasoning in this "toficken" will bring it to the next level and really wake you up in the morning.

1. 1 14oz package of tofu
2. 3 flax eggs (1 tablespoon ground flax seeds, plus 3 tablespoons of water per egg), mixed with ice cold almond milk
3. 1 cup of hot sauce
4. 2 cups all purpose flour
5. 3 teaspoons baking powder
6. 1 teaspoon salt
7. 1 teaspoon pepper
8. Vegetable oil, for frying

Vegan Waffle Ingredients

With this recipe, you would never know it's vegan just by tasting it. The coconut sugar adds a je-ne-sais-quois that makes these waffles a little more special than usual

1. 1.5 cups all-purpose flour
2. 1 tablespoon coconut sugar
3. 2 tablespoons baking powder
4. 1 teaspoon salt
5. 1 cup almond milk
6. 3 tablespoons coconut oil, melted

Cooking the Vegan Fried Chicken

You'll need access to a kitchen for this, including:

- A pan
- A stove
- knives
- tongs
- assorted bowls

How to prepare and cook the tofu fried chicken.

1. Heat a large pot of oil on the stove.
2. Cut the tofu block into 1/4 - 1/3 inch wide slices by cutting along the long side of the block.
3. Press paper towels into the slices to drain the excess water
4. Lightly season with salt and pepper
5. Mix the flax eggs, almond milk, and hot sauce in a medium-sized bowl
The mixture should be thick.
6. Mix the flour, baking powder, salt, and pepper into a shallow baking dish
7. Dip the tofu slices into the hot sauce mixture
8. Dip the hot sauce mix covered slices into the flour mixture
The slice should be evenly and entirely coated with both mixtures.
9. Fry the slices in the hot oil for 2-3 minutes or until golden brown and crispy
For faster cooking, fry one slice at a time. The oil will cool less and cook faster.

Cooking Vegan Waffles

You'll need access to a kitchen for this, including:

- A waffle iron
- A whisk
- A spoon
- assorted bowls

How to prepare and cook the vegan waffles.

1. Preheat the waffle iron.
 2. Whisk together the flour, baking powder, salt, and coconut sugar in a medium bowl
 3. Add the almond milk and whisk to combine
 4. Let the batter sit for a couple minutes and rise.
 5. Spoon the batter into the hot waffle iron.
- Cook the batter according to the waffle iron's specifications.

Fried Chicken Ingredients

This is a standard fried chicken recipe that goes very well in a breakfast of fried chicken and waffles.

1. 8 boneless chicken thighs
2. 2 cups buttermilk
3. 2.5 cups all-purpose flour
4. 1 tablespoon garlic salt
5. 1 teaspoon paprika
6. 1 teaspoon black pepper
7. 1 teaspoon thyme
8. 1 teaspoon cayenne pepper
9. .25 cup of milk
10. vegetable oil, for frying

Waffle Ingredients

Fluffy and light waffles that complement the crunch and savory of the chicken with its own sweetness and softness, with an added kick of jalapeños.

1. 2 cups all-purpose flour
2. .25 cups sugar
3. 1 tablespoon baking powder
4. .5 teaspoon salt
5. 1.5 cups milk
6. 1 tablespoon vanilla extract
7. 4 large egg whites plus 2 large egg yolks
8. 1 stick of salted butter, melted
9. 1 or 2 jalapeños, chopped

Cooking the Fried Chicken

You'll need access to a kitchen for this, including:

- A pan
- A stove / oven
- A fork
- tongs
- A baking sheet
- assorted bowls

How to cook fried chicken

1. Preheat the oven to 360 fahrenheit
2. Heat vegetable oil for frying
3. Rinse the chicken
4. Soak the chicken in 1 3/4 cups of buttermilk
5. Mix together flour, salt, paprika, pepper, thyme, and cayenne in a large bowl and stir
6. Mix together remaining 1/4 cup of buttermilk and milk in a small bowl
7. Pour milk mixture into flour mixture bowl
8. Mix with a fork until uniform texture
This will more evenly coat the chicken
9. Coat the chicken pieces in buttermilk / flour mixture evenly
10. Fry the chicken in the oil for 5 minutes per side, or until golden brown and crispy
11. Transfer fried chicken to a baking sheet and bake for 15 minutes
This is to ensure the chicken is fully cooked throughout

Cooking the Waffles

You'll need access to a kitchen for this, including:

- A waffle iron
- A stove / oven
- A fork
- assorted bowls
- A sifter or sieve

How to cook waffles

1. Preheat the waffle iron according to specifications
2. Sift together flour, sugar, baking powder, and salt in a bowl
3. In a separate bowl, whisk together milk, vanilla, and 2 egg yolks
4. Pour egg mixture over flour mixture
5. Gently stir egg / flour mixture until halfway combined
6. Pour in melted butter and chopped jalapeno
7. Continue to stir gently
8. In a separate bowl, whisk 4 egg whites until stiff peaks appear
9. Slowly fold whipped egg whites into batter
Do not mix too much, this will destroy the whipped egg whites
10. The batter is ready to be used on the waffle iron