

Buttermilk Fried Chicken Tenders

One of my most popular [chicken recipes](#), these chicken tenders are marinated in seasoned buttermilk and pan-fried to crispy, crunchy perfection.

Servings: 4

Total Time: 40 Minutes, plus at least 4 hours marinating time

INGREDIENTS

FOR THE MARINADE

2 pounds chicken tenderloins

1 cup buttermilk

1½ teaspoons salt

¼ teaspoon cayenne pepper

¼ teaspoon garlic powder

¼ teaspoon paprika

FOR THE BREADING

1½ cups all purpose flour

1½ teaspoons baking powder

1 heaping teaspoon salt

¾ teaspoon black pepper

¾ teaspoon garlic powder

¾ teaspoon paprika

3 tablespoons buttermilk

FOR COOKING

3-4 cups vegetable oil, for cooking

INSTRUCTIONS

To marinate the chicken: In a large sealable bag, combine the chicken tenders with the remaining marinade ingredients. Seal the bag tightly and massage the chicken until it is evenly coated with buttermilk and seasoning. Place in a bowl (in case of leakage) and refrigerate for at least 4 hours or up to 24 hours.

To make the breading: In a large bowl, combine the flour, baking powder, salt, pepper, garlic powder, and paprika. Whisk until well blended, then add the buttermilk and stir with a fork until the mixture is evenly clumpy.

Line a baking sheet with aluminum foil for easy cleanup. Remove the chicken tenders from the marinade a few at a time and toss into the breading mixture. Be sure to press the chicken firmly into the breading so clumps adhere to the meat. (It's a messy job: use one hand to remove the wet tenders from the bag and the other to toss in the breading.) Set breaded tenders on the prepared baking sheet.

To fry the chicken: Line another baking sheet with a few layers of paper towels and set next to the stove. Add oil to a large, high-sided pot until the level reaches about ¾-inch. Heat over medium-high heat until oil is shimmering (about 350°). (If a cube of bread sizzles when you drop it in, it's ready.) Using tongs, place several chicken tenders in the hot oil without crowding the pan. Cook until golden brown on the bottom side, a few minutes, then flip and cook until the second side is also golden, a few minutes more. Set the cooked tenders on the paper towel-lined baking sheet to drain. Fry remaining tenders in batches adjusting the heat as necessary (if the tenders are browning too fast, lower the heat). Serve hot.

Note: I find that it's hard to tell how golden the chicken is when it's immersed in the oil. It may only look lightly golden, but it's actually a perfect fried chicken golden brown. If you're unsure, simply pull a tender out of the oil and rest it on the paper towels to see the true color.

Note: Nutritional information was calculated assuming that approximately ¼ cup of the oil is absorbed into the chicken tenders when frying.



Freezer-Friendly Instructions: The cooked chicken tenders can be frozen for up to 3 months. To reheat, put the frozen tenders on a wire rack on top of a rimmed baking sheet and warm in a 350°F (175°C) oven until heated through and crisp, about 25 minutes, flipping halfway through.

NUTRITION INFORMATION

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Per serving (4 servings)

Calories:	925
Fat:	51
Saturated fat:	1
Carbohydrates:	75g
Sugar:	5g
Fiber:	4g
Protein:	41g
Sodium:	1866mg
Cholesterol:	96mg

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