

Chicken Fried Chicken & Fresh Garden Salad

Ingredients:

11/2 pound boneless, skinless chicken breasts (about 4)
salt and pepper, for seasoning the meat
2 large eggs, beaten
1/2 cup milk
2 cups all-purpose flour
1 teaspoon kosher salt, for breading
2 teaspoons baking powder (optional)
1 teaspoon baking soda (optional)
1 1/2 teaspoons garlic powder (optional)
Canola oil, peanut oil, olive oil, or other fat for frying

For the gravy:

3 tablespoons pan drippings (or butter)
3 tablespoons all-purpose flour
1/4 cup heavy cream (or milk)
1 3/4 cups milk (a little more or less, depending on your preference)
Kosher salt and freshly ground black pepper, to taste

Salad Ingredients:

Tomatoes, chopped
Romaine lettuce, chopped
Avocado, chopped
Store bought salad dressing or Simple Dressing

For Simple Dressing, combine:

30 ml extra virgin olive oil (2 tbsp)
15 ml white wine vinegar
1/2 tsp salt 1/2 tsp pepper
1/2 tsp dry oregano (optional)

Instructions:

Pound the chicken breasts evenly by placing each chicken between two pieces of plastic wrap (zip-top bag). Using a meat mallet, rubber mallet, rolling pin, pound the chicken until it is very thin, less than 1/4 inch. Repeat with all the chicken. Sprinkle a little salt and pepper over the meat.

Bread the chickens:

- Prepare two wide, shallow dishes (such as a Pyrex casserole dish). In the first one, whisk together the eggs and milk. In the second, whisk together the flour, salt, garlic powder, baking powder and baking soda.
- Working one at a time, dredge a chicken in the flour. Using the heel of your hand, press the flour into both sides of the chicken.
- Lift the chicken, shake off the excess flour, and dip the chicken into the egg wash, coating it on both sides.
- Lift the chicken out of the egg wash, shake off the excess egg wash, and then dredge the chicken in the flour a second time. Again, press the flour into the chicken on both sides.
- Set aside on a plate. Repeat with the remaining chicken pieces.

Fry the chicken:

- Pour enough oil in a large frying pan to cover the bottom by 1/4 inch. Heat the oil to 350°F or until it sizzles when you drop a little flour into it.
- (If the oil doesn't sizzle, it isn't ready; if it burns, the oil is too hot, reduce the heat.)
- Fry until you see the edges of the chicken turn golden brown, about 2 minutes.
- Carefully turn the chicken over in the pan, and fry for 2 more minutes.
- Once both sides of the chicken are golden brown, remove it from the pan.
- Repeat with the remaining chicken pieces.

Make a roux for the gravy:

- Turn off the heat under the pan. Pour out all but about 3 tablespoons of fat from the pan (or 3 tablespoons butter). Whisk in 3 tablespoons of flour and turn the heat on to medium. Cook until it's the color of milk chocolate, about 4 to 5 minutes, stirring constantly.
- When the flour-fat mixture is smooth and a lovely milk chocolate color, slowly add the milk and cream, whisking constantly. Note that the mixture will seize up initially, and will loosen as you whisk in more liquid.
- Add milk to your desired thickness for gravy. If the gravy is too thick for you, add more milk. If it's too thin, let it cook longer. Season with salt and lots of black pepper, to taste.