



# Chicken Tenders

A healthier, fresher version of chicken nuggets! Made with our [All-Purpose Flour Artisan Blend](#).

## Ingredients

- 1 lb. chicken tenders or breast cut into strips
- 1 to 1½ cups buttermilk (enough to cover chicken)
- 1½ cups [Pamela's All-Purpose Flour Artisan Blend](#)
- 2 TBSP + 2 TSP salt
- 1 TBSP black pepper
- ¼ to ½ tsp cayenne
- 4 TBSP sweet or Hungarian paprika
- oil for pan frying

## Directions

Rinse and dry chicken. In a bowl, cover chicken with buttermilk and marinate in the refrigerator overnight (or a few hours).

Mix Artisan Flour, salt, pepper, cayenne and paprika in a bowl or plastic bag. Heat oil to hot in a heavy skillet. Drain chicken. Spread half the seasoned flour mix in a pie dish. Shake off excess buttermilk then dredge in seasoned flour. Dredge all the chicken, laying it on a sheet pan after coating. Before frying in oil, dredge again in seasoned flour and fry in hot oil for approximately two minutes per side or until red-gold color and chicken is cooked through. It has a beautiful color from the paprika. Drain on a wire rack in a warm oven to keep it crisp and drain the oil. Repeat until all chicken is cooked. Note: hot oil is needed for frying for a crispy coating.

For a southern treat, serve with our [Cornbread Waffles and Fresh Strawberry Preserves!](#)

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