

CHICK-FIL-A SANDWICH

If you've never been to Chick-Fil-A, you're missing out on a really good chicken sandwich! This is a copycat recipe and is as close to the original as I can get. The recipe calls for 4 chicken breasts, but will make 8-11 sandwiches, so plan accordingly. I find that large packages of chicken breasts are cheaper and I freeze the leftovers for later enjoyment! If you don't have a meat pounder you will want to get one. I use a rubber mallet which can be purchased quite cheaply at any hardware store, and I keep it in my kitchen because I use it quite often.

Chicken breasts in their natural state are wedge shaped. When cooked, it's easy to overcook the "thin" part and still have the "thick" part raw in the middle. When the chicken is flattened to a uniform thickness it cooks uniformly. Shocking, I know.

We're also going to brine the chicken, which simply means we are going to marinate it in a salt mixture. Brining does remarkable things to poultry when it comes to flavor and keeps the meat wonderfully moist!

INGREDIENTS:

4 Large Chicken Breasts

BRINE:

6 Cups Water

¼ Cup Salt

2 Tablespoon Sugar

LIQUID MIX:

1 Cup Buttermilk

¾ teaspoons Cayenne Pepper

3 Eggs

DRY MIX:

2 ½ Cups Flour

1/3 Cup Cornstarch

¼ Cup Powdered Milk

3 teaspoons Kosher Salt

2 teaspoons Black Pepper

1 teaspoon Paprika

1 teaspoon Baking Powder

½ teaspoon Baking Soda

OTHER:

3-4 Cups Vegetable Oil
Hamburger Buns
Butter
Pickles

DIRECTIONS:

Prepare the brine by combining the water, salt, and sugar in a large bowl and stirring until the solids are dissolved. One at a time, place a chicken breast in a large (1 Gal.) zip lock bag, and gently pound with rubber mallet until the entire breast is about $\frac{1}{2}$ inch thick, about the size of your finger. Place flattened chicken in the brine and repeat with the remaining breasts. Cover and chill for an hour, and up to 4 hours. (I put all of the flattened chicken and brine in a gallon zip lock bag).

Whisk together the Liquid Mix and put it in a shallow pan. I use a 9 X 9 pan.

In another shallow pan combine the Dry Mix.

When you are ready to cook, remove the chicken from the brine and dredge chicken in the dry mixture to coat and shake off excess. Coat the chicken in the Liquid Mix, then put it back into the Dry Mix, pressing the flour mixture to adhere, then place on a wire rack. Chill for 15 minutes or so.

In a Dutch Oven, bring the oil up to 325 degrees.

Gently add the chicken breasts, one at a time, into the oil. Do NOT overcrowd! Cook for 4-6 minutes, turning occasionally, until golden brown and at least 170 degrees. Drain on a wire rack set in a baking sheet lined with paper towels.

TO SERVE:

Lightly butter hamburger buns and place in a frying pan over med-high heat until nicely browned. Cut prepared chicken to size to fit the buns. Add a pickle or 2 (or more) and rejoice!