

# David's "Not-So-Well-Known" Fried Chicken

## The software:

4 – 6 thawed boneless/skinless chicken breasts  
1 Egg  
3 - 4 cups All Purpose Flour  
4 Tbsp Ground Black Pepper (add to taste)  
1 Tbsp Salt  
2 Tbsp Honey  
Pure Vegetable Oil  
1 qt Hot tap water

## The Hardware:

10" or 12" cast iron skillet  
Large mixing bowl  
Dredging pan (9x9 or 9x14 cake pan will work)  
Wire whisk  
2 pairs of tongs  
draining racks  
newspaper

## How it works:

Add Vegetable oil to iron skillet, to about ½ the depth of the skillet and bring oil to 350 deg.

Place the cooling racks upside down on the newspaper

In the mixing bowl, add the water, egg, and honey. Whisk until well mixed.

Combine the flour, salt and pepper in the dredging pan. The flour should look "dirty"... if not, add more pepper.

Place the chicken in the honey/egg/water mix and let set for a couple minutes. Using one set of tongs, remove one piece of chicken from the dip and place in the flour mix. Coat the chicken entirely and press into the flour. Remove and gently place into the skillet. Cook at 350 for about 3 – 4 minutes per side. Remove with the 2<sup>nd</sup> set of tongs and place on the cooling rack to drain.