



It's a long time since we had Southern Style Chicken. Clearly in the tent a deep fat fryer wasn't an option. In the hostel we weren't allowed to use one and I killed our old one by accident but that's another story!

This recipe works either baked in the oven for the slightly healthier version or deep fried.

Ingredients:-

2 Chicken breasts

1 tub of Buttermilk

Plain (Gluten free if you wish) Flour for the deep fried version

1 bag of salted Tortilla chips for the oven roasted version

Chilli flakes

Garlic Salt

Hot Paprika powder

Mixed herbs

Salt and Pepper

Method:-

(1) Cut the Chicken into strips.

(2) Place in a bowl in the Buttermilk and refrigerate for a least 2 hours.

(3) Smash the Tortilla chips into crumbs for the oven roasted version.

(4) Season the Tortilla chip crumbs or flour with the remaining ingredients.

(5) Coat the chicken in either the seasoned Tortilla chips or flour.

(6) Deep fry or roast at 180c until golden brown

We served ours with hand cut chips, home made Coleslaw and Chilli Tomato Ketchup.