

Oven-Fried Buttermilk Chicken Recipe

This is a heart-healthier version of seasoned fried chicken. Rave reviews from kids too!

Recipe adapted from a cookbook Janice Holley MSc, RD co-authored with chef David Adjei called Heart & Soul Cuisine from the Estates of Sunnybrook.

Ingredients:

2 lbs/1 kg boneless skinless chicken breasts, about 5 chicken breasts halved to yield 10 pieces
¾ cup/175ml buttermilk
1 ½ cups/375ml breadcrumbs (use Panko whole wheat)
1 tsp/5ml dried thyme or 2 tsp/10ml fresh thyme, finely chopped
1 ½ tsp/7ml Barbecue Spice Mix*, recipe provided
2 cloves minced garlic
½ tsp/ 2 ml freshly ground black pepper

Method:

1. Place chicken and buttermilk in a bowl. Toss and let stand at least 1 hour.
2. Preheat oven to 400°F/200 C.
3. Line a shallow baking sheet with parchment paper or use a silicone liner.
4. In a separate bowl, combine breadcrumbs, thyme, Barbecue spice mix, garlic and pepper. Mix thoroughly and spread in shallow baking dish.
5. One at a time, remove chicken breasts from buttermilk. Coat evenly with crumb mixture. Try to keep chicken from clumping the breadcrumb mixture as you coat it.
6. Arrange chicken on prepared baking sheet. Bake for about 20-30 minutes or until juices run clear.

* See separate recipe on other page

Barbecue Spice Mix

Makes 1/3 cup/75 ml

Ingredients:

2 tbsp/30 ml paprika
1 tbsp/15 ml chili powder
1 tsp/5 ml ground cumin
1 tsp/5 ml ground coriander
1 tsp/5 ml granulated sugar
1 tsp/5 ml salt
½ tsp/2ml dry mustard
½ tsp/2 ml black pepper
½ tsp/2 ml dried oregano
½ tsp/2 ml cayenne pepper

Method:

1. Mix all ingredients together. Store in a cool dry place.
2. Use as a rub for flank steak, grilled fish, nuts.
3. Recipe can be easily doubled.