

What Katie ate...

BUTTERMILK CHICKEN BURGER WITH HICKORY DILL MAYO

FOR THE BUTTERMILK

2 cups buttermilk
2 tbsp french mustard
2 tsp mild chilli powder
1 tsp cayenne pepper
1 tsp smoked paprika
1 tsp ground black pepper
1 tsp salt
4 small chicken breasts

FOR THE SEASONED FLOUR

2 cups all-purpose flour
3 tbsp paprika
1 tbsp ground black pepper
3 tsp garlic powder
3 tsp salt
1 tsp dried oregano + thyme
3 tsp ground ginger
1 tsp cayenne pepper
2 tsp mild chilli powder
1 tbsp celery salt

YOU WILL ALSO NEED

Vegetable oil for frying
Iceberg lettuce, shredded
Pickled gherkins, sliced
White onion, thinly sliced
Bbq sauce
4 X soft, seeded buns
Hickory dill mayo - see recipe in sauces section

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SERVES 4

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For the buttermilk marinade, whisk buttermilk and mustard together in a bowl, add the chilli powder, cayenne pepper, smoked paprika, ground black pepper and salt. Combine well and pour into a large zip-lock freezer bag.

Trim excess fat from each chicken breast, then place each one in-between two pieces of cling wrap. Using a rolling pin, bash lightly to flatten slightly. Repeat with each breast then add them all into the buttermilk marinade in the zip lock bag.

Massage the liquid into the chicken then place in fridge for 6 hours or overnight.

To prepare the flour; add flour, paprika, ground black pepper, garlic powder, salt, dried oregano and thyme leaves, ground ginger, cayenne pepper. Chilli powder and celery salt together in a medium mixing bowl.

Remove marinated chicken breasts from batter and place on a plate.

Add batter into a medium-large mixing bowl.

Line a baking tray with non-stick parchment.

One by one, add each breast into the batter again then coat in the flour mixture, tossing the meat well, then dunk back into the buttermilk and again into the flour. Rest on the baking tray.

Heat the oil in a deep-fryer to 175 °c/350 °f. Fry each piece of coated chicken until golden brown and cooked through - approx 15 mins. Remove and drain on paper towel.

Serve on a seeded bun with shredded iceberg lettuce, thinly sliced white onion, bbq sauce, sliced gherkins and hickory dill mayo - see here for recipe.