

Crispy Shallot Breaded Chicken

Recipe By Miriam (Pascal) Cohen



Cooking and Prep:  45
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Serves:  6

Contains: 

Preference: Meat

Difficulty: Easy

Occasion: Passover

Diet: Gluten Free

Source: Whisk by Ami

Magazine

Ingredients (14)

For Crispy Shallots

- 6 shallots, peeled
- 1 egg
- 4-5 teaspoons salt
- 1 teaspoon black pepper
- 1 and 1/2 cups Gefen Potato Starch

oil, for frying

For the Chicken

2 pounds boneless, skinless chicken breasts

1 cup Gefen Potato Starch, divided

2 eggs

juice of 1/2 lemon

2-3 teaspoons salt

1/2 – 1 teaspoon pepper

1 tablespoon sugar *(optional)*

oil, for frying

Start Cooking

Prepare the Shallots

1. Slice shallots in half down the middle, and then slice thinly. Place shallot slices in a bowl and add egg, salt, and pepper. Toss to combine.
2. Heat oil in a large frying pan. Working with a small batch of shallot slices at a time, toss in potato starch and then in the hot oil. Fry for about a minute on each side, until just golden. (They will cook further with the chicken, so it is important not to let them get too dark.)
3. Remove from pan and set aside to cool.

Prepare the Chicken

1. Place chicken and half a cup of potato starch in a resealable plastic bag and shake to coat. Set aside.
2. Combine egg, lemon juice, salt, pepper, and sugar in a small bowl. Beat lightly with a fork to combine.
3. Combine crispy shallots with the remaining potato starch.
4. Working with one piece of chicken at a time, dip it in the egg mixture, followed by the potato

starch and shallot mixture.

5. Heat oil in a large frying pan and fry chicken strips over low-medium heat until they are cooked through and golden brown on both sides.

Variation:

For a healthier option, place coated chicken on a greased baking tray and bake at 375 degrees Fahrenheit for 20-25 minutes. (Baked chicken will not brown up as much as the fried chicken, but it tastes delicious with less fat!)