

Chicken finger recipe

Ingredients:

2 pounds of boneless and skinless chicken breast
1 cup sour cream
1 cup yogurt
1 table spoon sugar (to mix in yogurt blend)
1 table spoon salt (to mix in yogurt blend)
Extra salt where needed
Black pepper as needed
1 tea spoon ginger powder
1 tea spoon ground cumin
Half a tea spoon ground coriander
1 tea spoon turmeric
Half a tea spoon garam masala (equal parts of ground black peppers, cloves & cinnamon)
Half a tea spoon of nutmeg
1 tea spoon of ground oregano
2 eggs
2 cups of all-purpose flour
2 table spoons of corn starch
Water

Method:

Cut chicken breast into thin slices. Then take a bowl with cold water. Put 1 table spoon of salt and 1 table spoon of sugar and stir it well in the water till they dissolve. Soak all chicken in the water. (This is called brining of the chicken). Let it brine overnight if possible or at least for 2 hours. When you brine the chicken it gets fluffy and softer.

In a separate bowl, mix sour cream, yogurt, oregano, salt and black pepper. Let it sit for at least 1 hour.

Take another bowl and put the flour and corn starch. Add salt, cumin, coriander, ginger, turmeric, garam masala and nutmeg. Mix it well. Divide them in 2 plates.

Take another bowl and crack 2 eggs in it. Put 2 table spoons of water, shake some salt and black pepper to your taste. Mix and blend it well.

Now take the chicken from the yogurt blend and coat it well with the flour. Then dip the same in the egg wash and again coat it with the flour well, till it is totally covered with the flour mix. The whole piece of chicken must be covered in the flour. Let it sit in a plate. This way you can prepare all your chicken pieces.

Heat up oil in a pot. Make sure it is nicely heated up. Sprinkle some water or egg mix with your finger on the oil. When this gives hissing sound, it means the oil is ready to cook. Put a small batch of chicken to start. It may take about 4-5 minutes to cook. Then you can put another batch of chicken and cook for the same amount of time. When you see the chicken turns golden its cooked and ready to take out. Repeat the process till all your chicken is done.

Eat it plain or dip in any readily available sauce from the market.

Cooking your own chicken finger takes some work but it is better than the frozen products available from the supermarket. Your chicken is fresh and without any additives, and chemicals that are not good for you. This way you can give your family fresh and tasty food.

Follow the recipe to the dot. Chicken will turn out soft and delicious with crispy coating. Your family will demand more from you.

Good luck, have fun and Enjoy.