Prep Time: 15 minutes
Cook Time: 12-15 minutes
Total Time: 30 minutes
Servings: 4 people
Calories: ~350 kcal per serving

---

Table of Contents


- Introduction
- Ingredients
    - For the Chicken:
    - For the Breading Station:
    - For Frying:
- Equipment
- Instructions
    - Step 1: Prepare the Chicken (Time: 5 mins | Intensity: Low)
    - Step 2: Set Up the Breading Station (Time: 5 mins | Intensity: Low)
    - Step 3: Dredge the Chicken (Time: 5 mins | Intensity: Medium)
    - Step 4: Heat the Oil (Time: 5-8 mins | Intensity: High)
    - Step 5: Fry the Chicken (Time: 4-6 mins per batch | Intensity: High)
    - Step 6: Drain and Serve (Time: 2 mins | Intensity: Low)
- Oven & Air Fryer Instructions (Alternative Methods)
- Nutritional Information (Approximate)


## Introduction

There is something universally comforting about a plate of golden, crispy chicken strips. Whether you are serving them as a game-day appetizer with a side of ranch, or as a main course with fries and coleslaw, the key to a perfect chicken strip is the crunch. This recipe

uses a double-dredging technique (flour, egg, then breadcrumbs) to ensure the coating adheres perfectly and creates a shatteringly crisp exterior while keeping the chicken breast juicy and tender inside.

We will be using Panko breadcrumbs, which are coarser and flakier than standard breadcrumbs, resulting in a lighter, airier crunch. The seasoning blend is simple but effective, enhancing the natural flavor of the chicken without overpowering it.

---

# Ingredients

## For the Chicken:

- 1.5 lbs (680g) boneless, skinless chicken breasts (about 3 large breasts)
- 1 tsp kosher salt
- ½ tsp black pepper
- ½ tsp garlic powder
- ½ tsp smoked paprika (optional, for color and depth)

## For the Breading Station:

- ½ cup all-purpose flour

- 2 large eggs
- 2 tbsp milk or buttermilk
- 1.5 cups Panko breadcrumbs
- ½ cup regular dry breadcrumbs (this helps fill in gaps for a denser crust)
- 1 tsp salt (for the breading)
- ½ tsp onion powder

### For Frying:

- 4 cups vegetable oil, canola oil, or peanut oil (for deep frying)
- *Alternative:* Cooking spray (if using an air fryer or oven)

---

## Equipment

- Sharp knife and cutting board

- Three shallow bowls (for dredging)
- Wire rack and baking sheet
- Deep fryer, heavy-bottomed pot, or air fryer
- Instant-read meat thermometer (recommended)

---

# Instructions

## Step 1: Prepare the Chicken (Time: 5 mins | Intensity: Low)

Start by preparing your chicken. Pat the chicken breasts dry with paper towels. This is crucial for ensuring the breading sticks. Cut the chicken breasts into strips about 1 inch thick and 3-4 inches long. Try to keep them uniform in size so they cook evenly.

Season the chicken strips directly with the kosher salt, black pepper, garlic powder, and smoked paprika. Set aside while you prepare the breading station.

## Step 2: Set Up the Breading Station (Time: 5 mins | Intensity: Low)

Set up three shallow bowls or pie plates.

- Bowl 1: Add the all-purpose flour.

- Bowl 2: Crack the eggs and add the milk. Whisk until well combined and slightly frothy.

- Bowl 3: Combine the Panko breadcrumbs, regular breadcrumbs, salt, and onion powder. Mix well.

Pro Tip: Use one hand for dry ingredients and one hand for wet ingredients to avoid “club fingers” (a thick buildup of breading on your fingers).

## Step 3: Dredge the Chicken (Time: 5 mins | Intensity: Medium)

Working with one strip at a time, coat the chicken in the flour (Bowl 1), shaking off any excess. Then, dip it into the egg mixture (Bowl 2), allowing the excess to drip back into the bowl. Finally, press the chicken into the breadcrumb mixture (Bowl 3). Press firmly to ensure the crumbs adhere.

Place the breaded strip on a wire rack set over a baking sheet. Repeat with the remaining chicken. Let the breaded strips rest for 10 minutes before frying; this helps the coating set and prevents it from falling off in the oil.

## Step 4: Heat the Oil (Time: 5-8 mins | Intensity: High)

While the chicken rests, heat your oil. If using a deep fryer, set it to 350°F (175°C) . If using a heavy-bottomed pot, add about 2 inches of oil and heat over medium-high heat until it reaches 350°F. Use a thermometer to monitor the temperature; if the oil is too cold, the chicken will be greasy, and if it is too hot, the outside will burn before the inside cooks.

## Step 5: Fry the Chicken (Time: 4-6 mins per batch | Intensity: High)

Carefully lower 3-4 chicken strips into the hot oil using tongs. Do not overcrowd the pan, as this will drop the oil temperature.

Fry for 3 to 4 minutes per side, or until the chicken is golden brown and reaches an internal temperature of 165°F (74°C) . The total frying time should be about 6-8 minutes depending on the thickness of your strips.

### Step 6: Drain and Serve (Time: 2 mins | Intensity: Low)

Transfer the cooked chicken strips to a clean wire rack or a plate lined with paper towels to drain excess oil. Immediately sprinkle with a pinch of flaky sea salt if desired.

Serve hot with your favorite dipping sauces such as ketchup, honey mustard, BBQ sauce, or ranch dressing.

---

## Oven & Air Fryer Instructions (Alternative Methods)

If you prefer not to deep fry, you can achieve a similar result with less oil:

- Air Fryer: Preheat to 400°F (200°C) . Lightly spray the breaded chicken with cooking spray. Cook for 10-12 minutes, flipping halfway through, until golden and cooked through.

- Oven: Preheat to 425°F (220°C) . Place a wire rack on a baking sheet and spray with non-stick spray. Arrange the chicken on the rack and bake for 15-20 minutes, flipping halfway, until crispy and cooked to 165°F.

---

## Nutritional Information (Approximate)

*Note: Nutritional values are estimates and will vary based on the exact size of the chicken breasts, the amount of oil absorbed during frying, and specific ingredient brands.*

Serving Size: 1/4 of the recipe (approx. 3-4 strips)

- Calories: 350 kcal
- Total Fat: 12g
    - Saturated Fat: 2g
- Cholesterol: 120mg
- Sodium: 650mg
- Total Carbohydrates: 20g
    - Dietary Fiber: 1g
    - Sugars: 1g
- Protein: 38g