Buttermilk Fried Chicken Tenders, Cilantro Slaw and Jalapeno Cheddar Waffles

Description

Okay, seriously… did you SEE that gorgeousness?!Ya'll this dish was EVERYONE'S favorite course! It was re-donk.Let's break it down:
Spicy, Cheesy, Savory waffle
Sweet Cilantro Slaw
Crispy Salty Chicken
Top that with some REAL maple syrup (not the fake stuff, people) and a squeeze of fresh lemon… BOOM.

It may sound weird, but ya'll have NO. IDEA. the party that's about to happen in your mouth!



Summary

Yield: 6
Source: My Life as a Mrs.
Prep Time: 1 1/2 hours
Category: Poultry
Cuisine: American

Ingredients

- 18 Chicken Tenderloins
- 1 cup buttermilk
- 3 tbsp tabasco sauce
- 2 1/2 cup flour
- 2 1/2 tbsp garlic powder
- 1 tbsp salt
- 1/2 tsp cayenne
- 1/2 tsp fresh pepper
- 1/2 cup Mayonaisse
- 1/4 cup whole milk
- 3 tbsp *sugar
- 3 tbsp apple cider vinegar
- 1 pinch salt
- 1 dash *cayenne
- 1/2 head green cabbage shredded finely
- 1/4 head purple cabbage shredded finely
- 2 cup cilantro coarsley chopped

Instructions

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For the Jalapeno Cheddar Waffles:
In a large bowl, whisk together flour, cornmeal, sugar, baking powder, salt, and pepper.

In a second, small bowl, whisk together the eggs and butter milk.

Keep separate until ready to cook.

Preheat waffle iron and spray with non-stick cooking spray.

When waffle iron is hot, mix together wet and dry ingredients until mixed together.

Divide into two bowls.

In one bowl fold in half the cheddar cheese.

In the other bowl fold in the jalapeos and rest of the cheese.

Scoop out 3/4-1 cup of the batter and cook until golden brown (follow manufacturer cook times).

Keep hot in 300° oven until all waffles are cooked.

For the Buttermilk Fried Chicken Tenderloins:
Place 9 chicken tenderloins in a large ziplock bag and add 1/2 cup of buttermilk until just covered (about 1 cup).

Place remaining 8 chicken tenderloins in a large ziplock bag and add 1/2 cup buttermilk, a few tablespoons of tabasco, seal up bag, and mix until chicken is coated well. Marinate overnight.

In a large bowl, mix together flour, garlic powder, salt, and black pepper.

Heat a few inches of canola oil to 350°-375°F in a large pot (or fill a deep fryer to fill line).

Dredge each tenderloin in the seasoned flour until coated well, shaking off the excess.

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Sprinke cayanne on the spicy tenderloins.

Cook non spicy tenderloins first.

Gently place into hot oil using tongs and cook until chicken is golden brown and reaches 170°F internal temperature (3-5 minutes per side in pot or 5-7 minutes total in deep fryer).

For the Cilantro Slaw:
Mix together mayonnaise, milk, sugar, apple cider vinegar, salt, and a dash of cayenne.

Set aside until ready to use.

About 30-45 minutes before serving, add the cabbage and cilantro to a bowl and toss with dressing until well coated.

To Serve:
Place 1/2 waffle on each plate, and top with some of the slaw.

Add 3 chicken tenders, drizzle with a tablespoon or 2 of maple syrup and finish with a squeeze of fresh lemon.

Hello. Lover.

Notes

Note: This may seem like a lot of components but with a little prep-ahead it comes together quite fast! Tips: 1. Shred your cabbage the night before & make the slaw dressing (keep it separate until 30-45 minutes before serving). 2. Pre-mix your waffle dry ingredients & chicken coating in separate bowls and cover with plastic wrap until ready to use (they can sit out on the counter overnight). 3. Marinate chicken in a large ziplock overnight. Then all you have to do the day of is to mix the slaw, add the wet ingredients to the waffle batter (and cook), and coat the chicken and fry. Everything will come together at the same time with minimal effort!