



Chicken-Fried Chicken and Pickled Pepper Sandwiches

READY IN



1560 min.

SERVINGS



4

CALORIES



845 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 bay leaves
- 0.5 teaspoon pepper black as needed freshly ground plus more
- 1.3 teaspoons peppercorns whole black
- 1 tablespoon brown mustard seeds
- 0.5 cup buttermilk
- 1.3 cups apple cider vinegar
- 1 cup flour all-purpose

- 0.3 cup granulated sugar
- 0.3 teaspoon ground mustard
- 2 cups lettuce thinly sliced
- 1 teaspoon kosher salt as needed plus more
- 2 tablespoons kosher salt
- 0.5 cup mayonnaise
- 0.5 teaspoon paprika
- 12 ounces snack peppers sweet such as baby bell peppers, cubanelles, or banana peppers
- 1 tablespoon powdered sugar
- 16 ounce chicken breast boneless skinless
- 4 portugese rolls soft sliced in half horizontally
- 1 cup vegetable oil for frying
- 1 cup water

Equipment

- frying pan
- baking sheet
- sauce pan
- knife
- whisk
- wire rack
- plastic wrap
- aluminum foil
- ziploc bags
- meat tenderizer
- candy thermometer

Directions

- For the pickled peppers:1Using a paring knife, make 3 to 4 (1/2-inch) vertical slits in each pepper. Pack the peppers and bay leaf tightly in a 1-quart jar, leaving about 1/2 inch of room at the top of the jar.2Make the brine: Toast the mustard seeds and peppercorns in a small saucepan over medium heat until fragrant, about 2 minutes.
- Add the vinegar, water, sugar, and salt, whisk to dissolve the sugar and salt, and bring to a rapid simmer.3Immediately pour the brine over the peppers, making sure to cover them completely (not all of the brine will fit in the jar).
- Place the remaining brine in a small heatproof container.
- Let the peppers and the reserved brine cool to room temperature, about 1 hour.4Cover the jar of peppers and the container of reserved brine with tightfitting lids. Shake the jar of peppers or turn it upside down to evenly distribute the brine and spices, then place it in the refrigerator for at least 1 day and preferably 1 week before using. Store the reserved brine in the refrigerator. Check the brine level in the jar periodically to make sure the peppers are completely submerged, topping it off as necessary with the reserved brine. When the peppers are ready, make the sandwich. (The pickled peppers can be kept in the refrigerator for up to 1 month.)For the chicken:1
- Place the buttermilk in a large, shallow dish; set aside.
- Combine the flour, sugar, measured salt, paprika, measured pepper, baking powder, and ground mustard in another large, shallow dish and whisk to combine; set aside.2
- Cut each chicken breast in half horizontally.
- Place 1 piece between 2 sheets of plastic wrap or in a resealable plastic bag and pound to an even thickness (about 1/4 to 1/2 inch thick) with a meat pounder or the bottom of a pan; set aside. Repeat with the remaining pieces of chicken. Season the chicken generously on both sides with salt and pepper.3To bread the chicken, dip 1 piece in the buttermilk and let the excess drip off. Dredge in the flour mixture and shake off any excess. Set the coated chicken on a baking sheet and repeat with the remaining pieces.4
- Heat the oil in a large frying pan over medium-high heat until shimmering but not smoking (about 350F on a deep-frying/candy thermometer). Meanwhile, fit a wire rack over a second baking sheet; set aside.5When the oil is ready, add 2 pieces of the chicken and fry until golden brown and cooked through, about 2 minutes per side.
- Remove to the wire rack and season with salt. Repeat with the remaining chicken. Cover the fried chicken loosely with a piece of aluminum foil; set aside.6To serve, stem and thinly slice the pickled peppers. Evenly divide the mayonnaise among the rolls, spreading it all over both of the cut sides.

Place the chicken pieces on the rolls, top with the lettuce and peppers, and serve immediately.

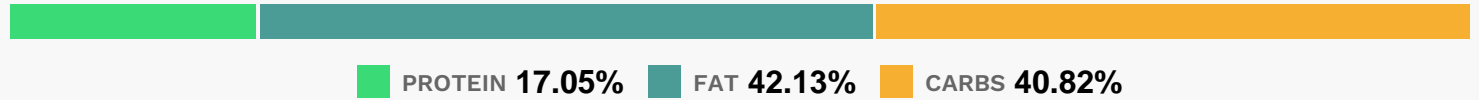
Share This Recipe

Print

Email

Save (282)

Nutrition Facts



Properties

Glycemic Index:143.52, Glycemic Load:54.2, Inflammation Score:-10, Nutrition Score:35.455217506575%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 844.57kcal (42.23%), Fat: 38.95g (59.93%), Saturated Fat: 6.3g (39.36%), Carbohydrates: 84.91g (28.3%), Net Carbohydrates: 80.21g (29.17%), Sugar: 29.29g (32.54%), Cholesterol: 87.63mg (29.21%), Sodium: 4744.56mg (206.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.93%), Vitamin C: 111.29mg (134.9%), Vitamin K: 81.83µg (77.94%), Iron: 13.6mg (75.57%), Vitamin B3: 14.65mg (73.25%), Selenium: 50.35µg (71.93%), Vitamin A: 3079.07IU (61.58%), Vitamin B6: 1.15mg (57.59%), Manganese: 0.8mg (39.97%), Phosphorus: 352.59mg (35.26%), Folate: 115.64µg (28.91%), Vitamin B1: 0.4mg (26.87%), Vitamin B2: 0.42mg (24.55%), Vitamin E: 3.6mg (23.97%), Potassium: 817.15mg (23.35%), Vitamin B5: 2.25mg (22.51%), Fiber: 4.71g (18.83%), Magnesium: 62.43mg (15.61%), Calcium: 99.96mg (10%), Zinc: 1.42mg (9.44%), Copper: 0.16mg (7.97%), Vitamin B12: 0.4µg (6.64%), Vitamin D: 0.56µg (3.73%)