

Fried Chicken Stripes

닭튀김



Ingredients for Fried Chicken

Boneless chicken breast, 1 lb.
Salt, 1 tsp
Batter: 1 ½ cup all-purpose flour, 3 tbsp corn starch, 1 tsp baking powder, 1 ¼ cup water
Cooking oil (enough for frying)

Instructions:

1. Rinse and cut the chicken into pieces. Season with 1 tsp of salt and place it in a container. Refrigerate for a short time; it can be stored for a day or two.
2. In a bowl, mix 1 cup all-purpose flour, 2 tbsp corn starch, 1 tsp baking powder, and 3/4 - 1 cup water.
3. Add the finely chopped, salted chicken to the bowl and mix well.
4. Fry the chicken twice for crispiness:
 - First fry: Medium heat for 7-10 minutes (It's delicious even if you fry only once for more than 10 minutes over medium heat).
 - Second fry: Slightly higher than medium heat for an additional 3-5 minutes.
5. Once well-fried, place the chicken on a wire rack or paper towel.

Ingredients for Sauce:

Onion
Carrot
Red bell pepper
Sugar, ½ cup
Vinegar, 1-2 tbsp
Ketchup, 2 tbsp
Cornstarch, 2 tbsp
Water, 1 1/2 or 2 cups

Instructions:

- In a small pot, combine all the sauce ingredients.
- Place the pot over medium heat and slowly stir the ingredients, preferably with a wooden spoon.
- Once the sauce begins to boil, reduce the heat to low and simmer for 2-3 minutes.
- After simmering, remove it from the heat.
- Pour the desired amount of sauce over the Fried Chicken Strips or use it as a dipping sauce.



NOTE: Featured by Aunt Choi.