

**Ingredients for Betty's Buttermilk Fried Chicken Fingers:**

2 pounds boneless skinless chicken breast, cut into strips  
buttermilk, to cover (about 1 1/2 cups)  
hot sauce, to taste  
black pepper, to taste  
1 1/2 cups flour  
1 tsp dried parsley  
sea salt  
black pepper  
Oil for frying

**Ingredients for Honey Mustard:**

2/3 cup mayonnaise  
1/4 cup Dijon Mustard  
1/3 cup honey  
1 teaspoon red wine vinegar  
dash cayenne pepper

**Directions:**

- 1. Prepare chicken.** Place chicken breasts strips in a plastic container with a snap-on lid. Season with black pepper and hot sauce. Pour buttermilk over chicken to cover. Stir to coat. Cover and allow to marinate in the refrigerator for 12 to 24 hours.
- 2. Bread chicken.** Pour marinated chicken through strainer and place into a bowl. Set up a station for breading the chicken. In one pan, combine flour, salt, pepper and parsley. Dredge chicken pieces in seasoned flour. Place in receiving pan lined with wax paper. Dredge all chicken pieces through flour and layer between sheets of wax paper.
- 3. Fry chicken.** Heat oil in a tall-sided pot or deep-fryer. Oil should be heated to about 375(F). Add chicken to oil in small batches. Fry 6-8 minutes or until golden brown.
- 4. Keep it crispy!** Drain chicken pieces on paper towels. After draining, place on a wire rack on a cookie sheet in a pre-heated 350(F) oven to keep warm and crisp while frying rest of chicken.
- 5. Make the Honey Mustard.** In a bowl, combine mayonnaise, dijon mustard, honey, red wine vinegar and a dash of cayenne pepper. Stir together and refrigerate. **Makes 16-18 Chicken Fingers and about 1 cup Honey Mustard.**