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Donna's Fried "Chicken"

By Claudia Allen

Fried "Chicken" Ingredients

- 1 cup gluten flour
- 2 tablespoons yeast
- 3/4 – 1 cup warm water
- Couple shakes each of onion powder, garlic powder, salt
- Couple shakes of garlic powder
- Couple shakes of salt

Broth Ingredients

- 3-4 cups Water
- 1 Tablespoon of Nutritional Yeast
- 1 Tablespoon of McKay's Chicken Style Seasoning
- 1 Tablespoon of garlic powder
- 1 Tablespoon of onion powder
- 1 Tablespoon of salt

Breading Ingredients

- 1 cup whole grain flour
- 1 cup nutritional yeast
- 1 cup cornstarch
- 1 teaspoon each of Salt
- 1 teaspoon of paprika
- 1 teaspoon of onion powder
- 1 teaspoon of garlic powder
- 1 teaspoon of cayenne or red pepper flakes
- 1 teaspoon of thyme
- 1 teaspoon of rosemary

Instructions

"Chicken":

1. Mix together, and the result should be "doughy" and "pully." You may not use all of the water. Feel free to play around with it in your hands. Let sit for at least an hour. It can sit longer if you are doing something else. It should get puffy.
2. After desired time of rising is done, pull into pieces, flatten and drop in broth.
3. Let boil for about 2-3 minutes.
4. Remove and place in breading.
5. Coat well.
6. Drop in oil that is hot enough to fry.
7. Turn when browned on one side.
8. Finish browning and place in container/towels to drain.

Broth:

1. Add water
2. Seasoned with about 1 tablespoon each of Nutritional yeast, McKay's Chicken Style Seasoning, Garlic powder, Onion powder, Salt

Breading:

1. Mix thoroughly and dredge "chicken" in it.

