



Credit: Brian Ross

Keto Friendly Fried Chicken

Ingredients

- 1 (4 pound) chicken, cut into pieces
- 2 eggs
- 1 cup Unflavored Whey Protein Powder
- salt and pepper to taste
- Frank's Hot Sauce
- 1/2 cup Sazon Spanish seasoning by BADIA (found in the ethnic aisle)
- 2 quarts oil for frying (I used refined Coconut Oil)

Method:

1. Fill a large skillet (cast iron or dutch oven is best) about 1/3 to 1/2 full with oil. Heat until 350-375 degrees.
2. While the oil is heating up: Put the whey protein powder and seasoning in a large paper bag. Season the protein powder with Spanish seasoning, salt and pepper to taste.
3. Crack eggs into a medium sized bowl and whisk.
4. Dip chicken pieces in the egg then, 2-3 at a time, put them in the bag with the protein powder, seal the bag and shake to coat well.
5. Put in as many chicken pieces as the skillet can hold. Brown the chicken in HOT oil on both sides. For large pieces, it takes about 7-8 minutes on each side. The batch of all wings is about 10 minutes total cooking time. This cooking method is EXACTLY like a regular fried chicken recipe.
6. To ensure your chicken is fully cooked, use a probe thermometer and make sure it reads 165 degrees!
7. Drain the fried chicken on paper towels. Depending on how much chicken you have, you may have to fry in a few shifts. Keep the finished chicken in a slightly warm oven while preparing the rest.

The key to explosive flavor is to season each component (the chicken with salt and pepper, the egg mixture with salt and pepper as well)