



Baked BBQ Fried Chicken

Oscar · 28/09/2024



Prep Time

1 hr 30 mins

Difficult

Medium

Servings

12

Description

This baked BBQ fried chicken is a wonderful Southern treat everyone will enjoy Remember you can also eat the chicken without the sauce as well

Ingredients

- - 3 large eggs - 1 cup water - ½ cup milk - 2 tablespoons salt - 2 tablespoons black pepper - 6 cups all-purpose flour - ¼ cup salt - 5 teaspoons black pepper - 2 tablespoons minced garlic - 2 tablespoons dry mesquite flavored seasoning mix - 4 cups oil for frying
- or as needed - 3 pounds skinless
- boneless chicken breast halves - cut into strips - 1 teaspoon butter - 1 (12 ounce) bottle barbecue sauce

Instructions

1. Set up a batter station: Whisk together eggs
2. water
3. milk
4. 2 tablespoons salt
5. and 2 tablespoons pepper in a large bowl with a fork until smooth. Stir together flour
6. 1/4 cup salt
7. 5 teaspoons pepper
8. garlic
9. and mesquite seasoning in another large bowl. Fill a large heavy skillet or wok halfway full with oil. Heat to 365 degrees F (180 degrees C). Coat chicken in batter: Use a fork to pick up one chicken strip at a time and dip it into the egg mixture
10. then into the flour mixture
11. back into the egg mixture
12. and into the flour mixture again. Place coated strips into the hot oil to fry. Cook in batches without crowding. Once chicken is browned on one side
13. flip over and brown on the other side. Meanwhile
14. preheat the oven to 300 degrees F (150 degrees C). Butter a 12x20-inch glass baking dish
15. or two 9x13-inch baking dishes. Pour enough barbeque sauce into the prepared dish to coat the bottom. Arrange fried chicken strips in rows in the dish. Pour remaining sauce over the top. Bake in the preheated oven until the sauce is caramelized onto the chicken
16. 10 to 15 minutes. Editor's Note: Nutrition data for this recipe includes the full amount of batter ingredients. The actual amount of batter consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
17. ingredient density
18. and specific type of oil used.