It's a long time since we had Southern Style Chicken. Clearly in

the tent a deep fat fryer wasn't an option. In the hostel we weren't allowed to use one and I killed our old one by accident but that's another story!

This recipe works either baked in the oven for the slightly healthier version or deep fried.

Ingredients:-

2 Chicken breasts

1 tub of Buttermilk

Plain (Gluten free if you wish) Flour for the deep fried version

1 bag of salted Tortilla chips for the oven roasted version

Chilli flakes

Garlic Salt

Hot Paprika powder

Mixed herbs

Salt and Pepper

Method:-

- (1) Cut the Chicken into strips.
- (2) Place in a bowl in the Buttermilk and refrigerate for a least 2 hours.
- (3) Smash the Tortilla chips into crumbs for the oven roasted version.
- (4) Season the Tortilla chip crumbs or flour with the remaining ingredients.
- (5) Coat the chicken in either the seasoned Tortilla chips or flour.
- (6) Deep fry or roast at 180c until golden brown

We served ours with hand cut chips, home made Coleslaw and Chilli Tomato Ketchup.