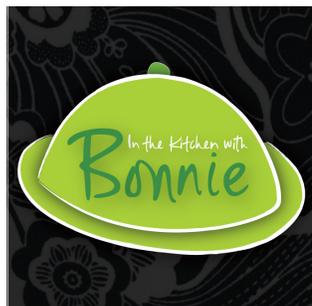


Home-Made Fried Chicken

Roasted Squash with Butter Maple Sauce & Brussel Sprouts topped with Balsamic Vinegar Syrup and Toasted Pecans



INGREDIENTS

For the Fried Chicken:

1 free-range organic chicken cut up into serving pieces, skin removed and soaked overnight in buttermilk
1 tbsp of poultry seasoning
5 bay leaves
1 quart buttermilk
1½ cups of BeFree Bakers Gluten Free Flour
1 tbsp of fine ground pepper
2 tsp of granulated garlic (not powder)
¾ cup Kosher salt
2 cups dehydrated potato flakes
Peanut oil for frying

For the Squash & Butter Maple Sauce:

1 Triamble (clover leaf)
Squash, slice and seeded
Canola oil
Garlic granules
Kosher salt & fresh cracked pepper
1 stick of unsalted butter
¼ cup of brown sugar
1 tablespoon of Maple syrup

For the Brussel Sprouts & Balsamic Vinegar Syrup:

Brussel sprouts (about 25 or 30)
Olive oil
Kosher salt & fresh cracked pepper
2 cups balsamic vinegar

DIRECTIONS

For the Fried Chicken:

Bring a stock pot of water with poultry seasoning and bay leaves to a boil. When temperature of chicken reaches 170 degrees, remove and let dry on paper towels. Prepare slurry with buttermilk, gluten-free flour, pepper, garlic and salt. Heat ½ inch of peanut oil in frying pan (preferably cast iron) to 325 degrees. Coat chicken pieces with slurry, then dredge through potato flakes. Carefully place chicken in frying pan and adjust heat to maintain temperature. Remove chicken and place on paper towels to drain.

For the Squash & Butter Maple Sauce:

Brush squash slices with Canola oil and season with garlic, salt & pepper (to taste). Bake at 325 degrees on a sheet pan for 45 minutes or until tender. When cool enough to handle, scoop squash from skin and lightly mash. Heat butter, sugar and maple syrup on low heat until thicken. Top mashes squash with syrup.

For the Brussel Sprouts & Balsamic Vinegar Syrup:

Wash, trim and halve the sprouts. Toss with olive oil and season with S & P. Roast on sheet pan for 20 to 25 minutes in a 350 degree oven (toss occasionally). Place balsamic vinegar in a sauce pan and cook over medium heat until reduced to a syrup consistency. Top roasted sprout with balsamic syrup and toasted pecans

specialty of:
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