

Third Place: Jonathan Edwards, Wilson

## **Chicken and Waffle Turnovers**

### Buttermilk Brine

2 cups buttermilk  
2 Tbsp. Kosher salt  
½ tsp. ground black pepper  
1.5 lbs. chicken breasts cut in thin 3-4 inch strips

Mix buttermilk, salt, and pepper in a large container with lid or plastic bag with a strong seal. Place chicken strips in brine mixture and chill in refrigerator for a minimum of 6 hours before use.

### To Fry the chicken strips

Chicken for the buttermilk brine

1 box House-Autry Texas Pete Wing Breeding Mix  
1 packet House-Autry chicken fry original crunchy recipe

Strain chicken strips from buttermilk brine. Shake off excess moisture.

Coat chicken strips with Texas Pete breeding mix, then back in the brine and then in the House-Autry original crunchy recipe. You can do this by rolling it in the breading and dipping in the brine or place the House-Autry breading in a plastic bag.

Deep fry chicken strips in 375 degree oil for 8-12 minutes or until cooked through. Strain chicken from oil and place on wire rack to cool.

### The Waffle

#### Dry Ingredients

¾ cup all-purpose white flour  
¾ cup all-purpose wheat flour  
½ cup corn starch  
½ tsp. baking soda  
1 tsp. baking powder  
1 tsp. salt

Combine all dry ingredients into a large mixing bowl and sift. Add melted butter to dry ingredients. Cut with pastry cutter until even crumb consistency is achieved.

#### Wet Ingredients

3 Eggs, separated, whites whipped to soft peaks  
3 Tbsp. pure maple syrup  
½ tsp. vanilla  
4 Tbsp. unsalted butter, melted  
1 ½ cup buttermilk, room temperature  
½ cup milk, room temperature

Combine buttermilk and milk. Set aside to reach room temperature. Separate 3 eggs; in one bowl, whisk together the egg yolks, maple syrup and vanilla. In another bowl, using an electric mixer on high, whip the egg whites until soft peak is achieved. Set aside for later use. Combine the milk mixture with the egg yolk, maple syrup and vanilla mixture. Add the above mixture to your dry ingredients. Beat with mixer until batter is even. There will be small clumps. This is desired as long as the clumps are not excessively large and are of equal size. Gently fold egg whites into batter. Egg whites will still be visible in the batter. **DO NOT OVERMIX.** Let the batter rest for 5 minutes.

Maple whipped cream  
1 cup heavy whipping cream  
¼ cup pure maple syrup

In a mixing bowl, combine ingredients and whip until soft peaks form

#### Cooking Instructions

Heat waffle iron until light indicated ready or to 350 degrees.  
Pour waffle batter (about ¼ cup) onto waffle iron. Then place fried chicken strips in batter on waffle iron and pour enough batter to cover fried chicken strips (about 2 Tbsp.).  
Close waffle iron and let cook for 6 minutes.  
Serve warm with a dollop of Maple Whipped Cream or your favorite syrup.