

House-Autry Mills Chicken & Waffles Recipe Contest Friday, October 14, 2016

First Place and Gluten Free Winner: Doris Mills, Cary

Gluten Free Cracker Jack Chicken and Waffles

Number of Servings: 4-5

Waffles (NOTE: You may wish to marinate the chicken while you make the waffles.)

1 cup gluten free flour blend
1 tsp xanthan gum (omit if flour blend already contains it)
½ cup House-Autry Mills plain corn meal
¼ cup gluten free graham style cracker crumbs
2 Tbsp. brown sugar
1 Tbsp. baking powder
¼ tsp salt

2 eggs
1 ¾ cups milk
½ cup butter, melted
1 tsp vanilla extract

1. Preheat your waffle iron.
2. In large bowl, combine the dry ingredients.
3. In separate bowl, combine the wet ingredients.
4. Add the wet to the dry and stir vigorously until well combined.
5. Cook the waffles according to the instructions that came with your appliance.

Popcorn Chicken

1 cup buttermilk
1 pound boneless chicken, cut into bite size pieces

Canola oil for frying, enough to submerge your chicken pieces

1 cup House-Autry Mills yellow corn meal
½ cup potato starch
1 ½ tsp salt
¼ tsp pepper

1. In medium size bowl, marinate the chicken in the buttermilk for at least 30 minutes.
2. Preheat oil to 350° (in large frying pan or deep fryer).
3. In large bowl, combine the dry ingredients.
4. Transfer the chicken to the corn meal mixture, draining away excess liquid first.
5. Coat the chicken thoroughly.
6. Fry for about 3-4 minutes or until chicken reaches internal temperature of 160°.

7. Remove from oil and drain on paper towels.

Candy Coating

1 cup Spanish peanuts (salted)

4 Tbsp. butter

1 cup brown sugar

½ cup light corn syrup

2 Tbsp. molasses

¼ tsp salt

1. Preheat oven to 250°.
2. Place peanuts in an oven proof dish and warm in oven.
3. Keep cooked waffles and chicken warm in oven while making the candy coating (waffles can be placed directly on oven racks).
4. In a large, heavy-bottom sauce pan, combine all remaining ingredients.
5. Stirring frequently, heat the mixture to about 240° (use a candy thermometer to measure).
6. Remove the peanuts from the oven and stir them into the candy mixture.
7. Continue to heat the mixture to soft-crack stage, about 280° (use a candy thermometer to measure).
8. Remove the waffles and chicken from the oven.
9. Arrange the chicken on top of the waffles and drizzle the candy/peanut mixture over the top.
10. Allow to cool somewhat before serving.