

Buttermilk Fried Chicken with Gravy

Category: Chicken

Servings: 2

Rating: 10

Source: Unknown

Description:

Serve this with mashed potatoes and green beans. It's fabulous!

And pretty good cold in sandwiches, too.

Ingredients:

chicken breast	1 to 1 1/2 lb
buttermilk	1 cup
flour, all-purpose	1 cup or so
salt	for seasoning
pepper	for seasoning
oil	2 tablespoons
butter, unsalted	1 tablespoon
shallot	1/4 cup
milk	1 cup

Instructions:

Soak the chicken in buttermilk for an hour.

Combine the flour, 1/4 teaspoon of salt, and 1/2 teaspoon of pepper in a plastic bag. Drain the chicken and toss with the flour. Shake off excess and let sit on waxed paper for 15 minutes. Reserve the flour mixture for the gravy. Sauté the chicken in 1 1/2 tablespoons of oil on medium-high heat until browned on all sides and then reduce the heat and simmer, covered, until cooked through, about 15-20 minutes.

Uncover and cook a little longer until the chicken has lost its steaminess and then remove and keep warm. In the same pan, heat 1/2 tablespoon of oil and then add 1 tablespoon of butter. Saute the shallots until softened. Add 2 tablespoons of the reserved flour and cook for a few minutes. Add the milk and stir with a whisk until the gravy thickens. Add more milk if the sauce is too thick.

Check for seasoning, adding more salt and pepper if necessary. To serve, ladle the sauce onto a plate and top with the chicken.