

Spicy Pecan Crusted Chicken Recipe

Recipe created by Chef Beto

1. Preheat oven to 400 degrees and grease a baking sheet.
2. Using a mixing bowl, submerge tender cutlets in buttermilk and allow to sit at room temperature for a minimum of 30 minutes.
3. In a food processor or blender PULSE pecans, Italian breadcrumbs, panko breadcrumbs, garlic powder, onion powder, paprika, comino, chili pequins. Do this gradually with many stops to ensure that you are not making pecan butter. The pecans should be finely chopped but not moist. If you do not have a blender or food processor, put all ingredients in a ziplock bag and mash with a meat tenderizer or spoon.
4. Once everything is finely chopped, add salt to taste, put in a mixing bowl and set aside.
5. In another mixing bowl, put the flour and set aside.
6. In a third bowl, put the whisked eggs and set aside.
7. Take tenders out of buttermilk, shake excess off and blot with a cloth or paper towel. Run chicken pieces through flour first, egg second, and finally the pecans, pressing the pecan mixture in to the chicken gently.
8. Set pieces on greased baking sheet evenly spaced, making sure not to crowd them. Let bake for 15-20 minutes until chicken is cooked through and tenders are nicely browned.
9. Let cool on baking sheet for about 5 minutes.
10. Enjoy with a dipping sauce .

Notes:

- This recipe is slightly spicy. If no spice is desired at all, leave out the pequins
- If you do not have buttermilk, the tenders will still be pretty tender even if buttermilk is not used.
- This dish can be served with a dipping sauce alone or with a side dish as well.