

Fried "Chicken"

Serves: 6-8

Prep time: 15 minutes

Cook time: 20 minutes



**Vegetarian & Vegan
Meats & Treats**

FakeMeats.com

Ingredients:

*1 Package Elianni Veggie Cutlets

6 cups + 1 3/4 cup water

2 cups all purpose flour

2 tsp. baking powder

1 1/2 tsp. salt

1 1/2 tsp. ground black pepper

1 1/2 tsp. garlic powder

1 tsp. Hungarian (sweet) paprika

1/2 tsp. onion powder

1/2 - 1 tsp. cayenne pepper (depending on how spicy you like it)

~1 cup vegetable oil

Directions:

- 1) In a medium pot bring 6 cups water to a boil, remove from heat, then stir in the Elianni Veggie Cutlets. Let the cutlets soak, stirring occasionally, until tender (5-7 minutes). Move onto the next steps while the cutlets soak.
- 2) In a large bowl, whisk together the flour, baking powder, salt, pepper, garlic powder, paprika, onion powder, and cayenne pepper. Then add 1 3/4 cup water and whisk until the batter is smooth.
- 3) Pour the tender cutlets into a colander, and use a large spoon to press out as much liquid as possible. This step is important to achieve a meaty texture.
- 4) In a 12" heavy-bottom pan, pour in oil until it's 1/4" - 1/3" deep. Heat over medium-high heat; the oil is ready when the batter starts to fry immediately when dropped in the oil. If the oil smokes it's too hot.
- 5) Place the drained and pressed cutlets in the batter, and fold them into the batter until all surfaces are coated.
- 6) Remove the cutlets one at a time, allow excess batter to drip off, and carefully place the cutlets in the heated oil. Do not overcrowd the pan; fry the cutlets in several batches.
- 7) Fry the cutlets on each side until golden brown (1-2 min. each side). Remove and place on paper towels to drain excess oil.
- 8) Repeat steps 6-7 until all cutlets have been fried.

Serving suggestions:

- Side Dishes:
 - o Steamed Veggies
 - o Mashed Potatoes
 - o Corn or Corn on the Cob



INGREDIENTS



STEP 2



STEP 7



SERVED

*These items are included in the Fake Meats Meal Pack

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