

# Buttermilk French toast with crispy chicken tenders

BRIDOR

PORTIONS	PREPARATION TIME	COOK TIME		
2	30 min	30 min		
SUGGESTED MOMENTS OF CONSUMPTION :				
Breakfast	Lunch	Brunch	Snacks	Appetizer



RECIPE CREATED BY  
Katherine Duris, Chef



## / List of ingredients



Perfect croissant 59103  
Quantity : 5

2 slices	Croissant loaf
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2 tbsp	Unsalted butter
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### Buttermilk dipping mixture:

1 cup	Buttermilk
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3	Eggs
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1/8 cup	Sugar
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1/2 tsp	Salt
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1/4 cup	Flour
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### Chicken tenders:

1	Chicken breast
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1/2 cup	Buttermilk
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1/2 tsp	Hot sauce
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1	Egg
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1 cup	Flour
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1 1/4 tsp	Salt
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1/4 tsp	Black pepper
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1 pinch	Garlic powder
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1 pinch	Smoked paprika
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Approx. 2L	Canola oil (for frying)
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## / Preparation steps

### STEP 1

To make the croissant loaf, refer to Katherine's recipe in the chef's tips down below.

### STEP 2

In a bowl, whisk together the buttermilk, eggs, sugar, and salt. Whisk in the flour last trying to avoid lumps as much as possible. Strain. Soak the croissant slices into the mixture for 3-5 minutes per side.

### STEP 3

On medium-low heat, melt half the butter in a pan and grill both sides of the croissant slices until golden brown. Use the remaining butter if necessary. Once done, place on a cooling rack and set aside.

### STEP 4

Cut the chicken breast into strips lengthwise. Mix the buttermilk and hot sauce, then add the chicken and marinate for 30 minutes.

### STEP 5

In a bowl, whisk the egg well. In another bowl, mix the flour and remaining dry ingredients together. Once the chicken has marinated, remove each piece from the buttermilk, dip in the flour mixture, then dip in the egg, then dip once more in the flour mixture.

### STEP 6

In a large pot, heat the canola oil over medium high heat until it reaches 350°F, then slowly and carefully add the chicken tenders. Do not overcrowd, do in 2 batches if necessary. Flip each tender after 5-6 min, then cook for 5-6 more min. The internal temperature of the chicken must reach 165°F.

### STEP 7

Reheat the buttermilk French toast if necessary, and top with 2 chicken tenders each. Drizzle with maple syrup or a white breakfast gravy. Garnish with micro greens, fresh herbs, or crispy bacon. Serve immediately.

#### CHEF'S TIP

To make the loaf, view [Katherine's recipe for croissant loaf](#)