

## Keto Fried Chicken

*Note that you may need a bit more of the breading as it sometimes 'sticks' better than other times but I just mix it up in small batches and keep it aside until I need it so that I can store it in the freezer if it isn't used.*

### Ingredients:

- 1-2 pounds of chicken with skin, cleaned and rinsed well
- 1 c. almond flour
- 1 c. coconut flour or use all almond flour
- 1-2 T. Garlic salt
- 1-2 t. black pepper
- 1-2 T. Tony's seasoning, optional
- 3-4 eggs
- 1-2 T. milk or water for egg mixture
- Oil for frying – *try to use peanut, coconut, avocado, or olive oil*
  - Pork rinds– *I use a 5 oz bag at a time and make more as I need them*

### Directions:

Make sure that the chicken is well cleaned before starting the process. *Some people like to soak it for 1-2 hours or overnight in buttermilk, but I usually don't do this and is are fine.*

In a medium sized bowl, mix together the flours and seasonings, set aside.

In a small bowl, whisk the eggs and add the 2-4 T. of water or milk, set aside.

Use a food processor or blender to turn the pork rinds into crumbs.

Get a medium to large sized skillet and heat it on the stove with enough oil to cover about an inch of the bottom. If using the air fryer don't worry about this part – see notes below.

Once the oil is hot you can start frying the chicken – fry in small batches.

Take one piece at a time and put it in the egg mixture, turn gently to coat.

Remove from the egg mixture and put into the flour mixture, turn gently to coat.

Next shake off the excess flour and put back into the egg mixture and then coat with pork rinds. *I use a small bowl to keep some pork rinds in and just add more as needed so I can save them for later, if there are any leftover.*

Gently place the coated chicken in the HOT oil – be very careful!

Fry for 5-6 minutes or until golden brown and crispy.

Remove from oil and drain on a plate lined with paper towels.

Once these have cooled slightly take a small taste test of the breading to see if you need to adjust the seasonings for the rest of the batch.

Repeat the steps for breading and frying.

I also check the internal temperature and then place in the oven for a few additional minutes if they need to cook longer. *A warm oven also helps to store the cooked chicken in while you are frying the rest of the batch.*

### **Air Fryer Method**

If using the air fryer then you can bread them as directed above and then spritz with a light coat of oil before placing them in the air fryer.

Fry them at 400 for 5-10 minutes or until browned. Adjust the time as needed for your machine.