

Keto Fried Chicken Gizzards

Ingredients:

- 1-2 pounds of chicken gizzards, cleaned and rinsed well
- 1 c. water
- 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*
- 1-2 eggs
- 1-2 T. milk or water for egg mixture
- Oil for frying – try to use peanut, coconut, avocado, or olive oil

Directions:

Make sure that the gizzards are well cleaned before starting the process. Some people like to soak them for 1-2 hours or overnight in milk or salt water but I usually don't do this and they are fine.

I combine the water and gizzards in the pot of my electric pressure cooker and cook on high for 25 minutes and allow for a natural steam release. *You could boil them on the stove if you don't have a pressure cooker.*

Drain the gizzards and let them cool. *I usually leave them in the colander while doing the next steps.*

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

In a small bowl, whisk the eggs and add the 1-2 T. of water or milk, set aside.

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 gizzards – *do them in small batches.*

Take a small handful and put them in the egg mixture, stir gently to coat.

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

Next shake off the excess flour and put them in the HOT oil – be very careful!

Fry for 3-4 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 taste test to see if you need to adjust the seasonings for the rest of the batch.

Repeat the steps for breading and frying.

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 3-5 minutes or until browned. Adjust the time as needed for your machine.