

CHICKEN FRIED MAITAKES

Prep Time: 30 Minutes

Cook Time: 10 Minutes

Ingredients:

1 Pound Maitake Mushrooms
2 Cups Buttermilk

Dredge Ingredients:

4 Cups Unbleached All Purpose Flour
1 Tablespoon Kosher Salt
1 Tablespoon Ground Sage
1 Tablespoon Onion Powder
1 Teaspoon Garlic Powder
1 Teaspoon Mustard Powder
1 Teaspoon Baking Powder
1 Teaspoon Ground Black Pepper
½ Teaspoon Cayenne

Canola Oil For Frying

Directions:

Heat a deep fat fryer to 350°F. Alternatively fill a tall sided pot ½ way full with canola oil. Place on a stove top and turn on medium heat. Heat oil to 350°F. Meanwhile, prepare maitakes by removing the bottom inch with a knife and pull maitake mushrooms where it naturally wants to break. Pieces should be no bigger than 4 inches long and ½ an inch wide. Place Maitkes in buttermilk to soak. Substitute buttermilk for 1 & ¾ cup plant based milk & ¼ cup lemon juice for a vegan alternative.

Prepare the chicken dredge by combining all ingredients & mixing well. Substitute all purpose flour for 2 cups corn starch & 2 cups potato starch for a gluten free alternative. Coat maitakes one at a time in the chicken dredge. Dip the back in the buttermilk & coat again in the dredge. Ensure that maitakes are evenly & well coated in the dredge.

Once oil is heated, carefully fry maitakes in batches for approximately 4 and ½ minutes turning the maitakes ½ way until all sides are evenly golden brown. Transfer fried maitakes to a sheet tray or plate lined with paper towel. Season with kosher salt or any seasoning of your choosing.

Chicken fried maitakes should be enjoyed immediately. Serve as a snack with your favorite dip and pickles. Try it as a substitute for fried chicken on a sandwich.