



Fried Chicken

Package of Drumsticks (10 – 12 Drumsticks)

½ Cup GF Flour Blend

¼ teaspoon pepper

½ teaspoon salt

½ teaspoon cajun spice (optional)

Oil

Heat oil in electric skillet set at 350 to 375 degrees. Mix flour and spices in a cereal bowl. Rinse drumstick in water and roll in flour to coat. Place in skillet when oil is hot (sizzles when you drip a drop of water on it) Salt and pepper Cover and cook for 15 min, Turn salt and pepper and cook another 15 min, turn again and cook 10 to 15 min until done. Meat will pull away form bone.

If you want to make gravy save the flour that is left. Take out chicken, scrape the pan to loosen bits of coating and chicken stir in a few tablespoons of flour. Turn up skillet to hottest temperature. Slowly add a mixture of almond and soy milk creating a smooth paste. Add salt and pepper to taste. Stir constantly until desired thickness. If getting too thick add more almond/soy milk mixture (1/3 almond 2/3 soy) If too thin it is easiest to dissolve cornstarch in water and add to gravy.

<http://www.lincolntent.com/GFCF-Poultry.html>