



Crispy Spicy Popeye's Chick'n

Servings 6

Prep 1 hr 30 min

Cook 10 min

Liquid Dip

Enough to fill your pan & cover the chick'n High smoke point cooking oil such as peanut, grape seed or canola oil

1 Plant-Based Egg (flax egg or your favorite commercial egg replacer)

12 oz. Unsweetened Soy Creamer

½ cup Water

2 tsp. Creole Seasoning Salt (more to taste)

3 Tbsp. Creole or Spicy Brown Mustard

½ cup Hot Sauce

Flour Dip (in separate bowl)

3 cups Gluten Free Flour

¼ cup Cornstarch

1 Tbsp Creole seasoning salt (more to taste)

4 tsp. Paprika

4 tsp. Black Pepper

1 Tbsp. Garlic Powder

4 tsp. Cayenne Pepper

1 Tbsp. Onion Powder

4 tsp. Smoked Paprika

Directions

- 1** If using Tofu make sure to press it first
- 2** Blend dry ingredients together thoroughly and set aside.
- 3** Blend liquid ingredients together and sit next to the flour mixture.
- 4** Place 1-2 cooling racks on top of cookie sheets, and sit it near your work area on the counter.
- 5** Take one piece of Tofu or Tempeh and place it in the liquid dip. Remove quickly and shake off excess.
- 6** Immediately roll in the flour dip, coating all sides lightly. Place on cooling rack.
- 7** Repeat with each piece of Tofu or Tempeh, being sure to leave enough room on the cooling rack so that the Tofu/Tempeh has air circulating on all sides. Leave for 30-45 minutes for coating to "set".
- 8** Repeat the process again, and leave out to dry for another 30-45 minutes or longer.
- 9** Heat your cooking oil to 350 degrees in a heavy-bottomed pot or frying pan.
- 10** When your oil is hot, drop in one or more pieces of chicken, being sure not to crowd the pan which will lower the temperature of the oil and result in a soggy product.
- 11** Remember, this is not flesh so there is no lengthy frying time required to cook anything – all you're doing is developing a crispy brown coating for your Tofu/Tempeh. (Should take about 3 minutes per side)
- 12** When it's brown and crisp on one side, flip Tofu/Tempeh over and brown the second side. Remove to a rack to drain while you fry the remaining portion.
- 13** Serve immediately with your favorite sides and more hot sauce.

