



PennState
Behrend

Mashed Potato Bowl

Buttermilk Fried Chicken

- 12 oz. of Chicken breast cut into strips
- 1.5 cups flour
- 1 pinch cayenne
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 cup buttermilk
(or make our own by adding a little lemon juice)

1. Mix all the dry ingredients together and place into a bowl. Place the buttermilk into another bowl and we are set to start the breading process. We are going to go flour, milk, flour for our breading procedure and let rest while our oil heats up.
2. Next, we are going to mix our waffle mix following the instructions on the box and set aside.
3. Heat oil up to 350 degrees and fry chicken breast until golden brown and internal temperature reaches 165 degrees
4. Place on paper towels to drain off excess oil and hold.

Chicken Gravy

- 1/2 cup unsalted butter
- 1/2 cup all-purpose flour
- 1 quart cold chicken stock
- 1/3 cup heavy cream
- salt and ground white pepper to taste
- 1 pinch cayenne pepper

1. Melt butter in a saucepan over medium-low heat. Whisk in flour until fragrant, 10 to 12 seconds.
2. Gradually whisk in cold stock. Reduce heat to low. Bring gravy to a simmer and stir until thick enough to coat the back of a spoon, 10 to 15 minutes. Stir in heavy cream, and season with salt, white pepper, and cayenne pepper.

Mashed Potatoes

- 2.5 lbs. russet potato, peeled, cut into large chunks
- cold water
- 1/2 Tbsp. kosher salt, plus more to taste
- 4 Tbsp. unsalted butter sliced
- 1/2 cup heavy cream
- 1/4 cup whole milk
- Freshly ground black pepper, to taste

1. Place the potatoes in a large pot and cover with cold water. Add the salt. Bring to a boil over high heat and cook until the potatoes are fork-tender, about 15 minutes.
2. Drain the potatoes and press through a potato ricer into a large bowl. Set aside.
3. Heat the butter, cream, and milk in a small pot over low heat until simmering.
4. Pour the cream mixture over the potatoes and stir to combine. Season to taste with salt and pepper.

Note: A potato ricer gives these potatoes a super fluffy texture, but you can use a hand mixer if you don't own one.

Assemble the Bowl

1. Place 6 oz. of mashed potatoes on a bowl or plate.
2. Place 3 oz. of chicken on top of potatoes and top with gravy.
3. Add desired toppings.

Optional Toppings

- Bacon
- Cheddar Cheese
- Corn
- Jalapenos
- Ranch
- Sriracha

