

Caribbean Style Chicken & Waffles

Chicken & Waffles are a southern classic and with this twist it makes it even more enjoyable. Caribbean seasonings makes this dish more island and less southern, but keeps all of the great essence.



Recipe

		Recipe Serves
		4
Ingredient	Amount	
For The Chicken		
Chicken Breast (Boneless & Skinless)	2	
AP Flour	187 3/4	g
Cornmeal	63	g
Jerk Seasoning	2	tbsp
Kosher Salt	1/2	tsp
Black Pepper	1/2	tsp
Hot Sauce	1	tbsp
Buttermilk	8 1/2	fl oz
Oil For Frying		
For The Waffles		
Yellow Cornmeal	125 4/25	g
AP Flour	125 4/25	g
Baking Powder	2	tsp
Baking Soda	1/2	tsp
Kosher Salt	1/4	tsp
Buttermilk	17 1/4	fl oz
Eggs	2	----
Maple Syrup	2 3/4	fl oz
Butter (melted)	4	tbsp
Cheddar Cheese (Shredded)	125 4/25	g
Cilantro	1	tbsp

Instructions

1. Preheat the oven to 250°
2. Remove the chicken from the refrigerator half an hour before you start to fry. This is so that the chicken isn't ice cold when you put it in the fryer -- which would dramatically reduce the heat of the oil and cause the chicken to soak up the grease, instead of frying in it.
3. Set up two shallow bowls for dredging. In one bowl, whisk together the flour, cornmeal, half of the jerk seasoning, salt and black pepper. Add the buttermilk, hot sauce and other half of jerk seasoning to the other bowl.
4. Pat the chicken dry with paper towels and slice the breasts into 1" wide strips.
5. In a medium heavy bottom skillet, deep fryer, or dutch oven, heat about 1" canola or peanut oil over medium to medium high heat, until its between 350°-375°.
6. Working in batches, dip chicken strips into the flour mixture, then the buttermilk, then back into the flour. Tap off excess flour and gently place chicken strips into the hot oil. Do not crowd the pan -- only cook 3-4 strips of chicken at a time. Fry for 6-8 minutes, turning occasionally with tongs until the chicken is crispy and a deep golden brown. Transfer cooked chicken to a baking sheet lined with paper towels to drain. Place the baking sheet in the oven to keep chicken warm.
7. In a large bowl combine flour, cornmeal, baking powder, baking soda and salt. Whisk together and set aside.
8. In a smaller bowl add buttermilk, eggs, butter and maple syrup. Whisk thoroughly to combine. Add wet ingredients to dry ingredients and stir until just mixed. Stir in the cheddar cheese, cilantro.
9. To make the waffles, preheat the waffle iron. Lightly coat with vegetable spray if necessary. Scoop batter onto the center of the waffle iron. Close the lid and bake until browned and crisp, about 5-7 minutes. Place waffles on a baking sheet and keep warm in the oven while you continue cooking the rest of the batter.
10. To serve: Stack 2-3 waffles on a plate topped by 2-3 strips of chicken, maple syrup, shredded cheese and cilantro.