

# Buttermilk Fried Chicken Tenders with a Spicy Chipotle Dipping Sauce

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From the Yale Appliance + Lighting Chef Series

**Ingredients:**

- 6 boneless skinless chicken breasts, cut into strips
- Buttermilk
- Flour, for dredging
- Salt and pepper
- Vegetable oil

**Method:**

1. Flatten chicken breasts and slice into large strips.
2. Place in a large bowl and cover completely with buttermilk. Refrigerate 4 to 6 hours.
3. Fill a pie plate or large shallow bowl with flour, season with salt and pepper. Heat two skillets with about a 1/2-inch of oil.
4. While the oil is heating, coats the chicken fingers with the seasoned flour.
5. Fry chicken in the oil until done (oil should not cover the top of the breasts), about 10 minutes per batch.

**Chipotle Hot Sauce****Ingredients:**

- 1 cup mayonnaise
- 3 tablespoons Dijon mustard
- 2 to 3 tablespoons chipotle pepper puree (depending on how spicy you like it)
- 3 tablespoons honey
- 1 tablespoon of Rice Wine vinegar
- Salt and freshly ground pepper
- Water, as needed to thin sauce

**Method:**

Whisk together the mayonnaise, Dijon mustard, chipotle puree, honey and vinegar in a medium bowl.

Season with salt and pepper, to taste. Thin with water if needed.