

KITTY'S LIGHTER WEIGH

with Kitty Stallings

FAUX FRIED FOOD

A.K.A Everything you wanted to know about frying food without grease but were afraid to try!

Techniques below for

1. FRIED CHICKEN



Pictured above are faux fried chicken strips and dipping sauce

2. FRIED SHRIMP

3. CHICKEN FRIED STEAK

4. FRENCH FRIES – Sweet potatoes AND White potatoes

Things you'll need for all recipes:

- 2 cups whole wheat flour
- 2 tablespoons Lawry's season salt
- 2 tablespoons garlic salt (any brand)
- 1 full teaspoon ground black pepper
- 1 full teaspoon table salt
- 1 gallon sized baggie
- 1 cup skim milk - in a bowl deep enough to soak whatever you plan to fry
- 1 can butter flavor cooking spray
- flat metal skewers
- aluminum foil
- an oven preheated to 350
- an oblong cake pan

NOTE 1: Much of this recipe is the same for everything you will faux fry and I'll start with what is similar and then break apart the individual dishes.

NOTE 2: If you have salt issues you can use a salt substitute or none at all, but I have not made this without salt, so can't recommend it. If you have a salt issues I trust that you'll know how to alter the recipe to fit your needs.

EVERY FAUX FRIED DISH (chicken, meat, shrimp or faux French fries and veggies)
STARTS THE SAME:

Take all of your dry ingredients (WW flour and all seasonings) and dump them into a gallon baggie. Shut the baggie and thoroughly mix this up.

Pour 1 cup of skim milk into a bowl that is deep enough to submerge the food item you plan to faux fry. BUT do not use the same milk if you plan to fry chicken and also make French fries. Change the milk between those items.

Now you are ready to faux fry, so let's start with the granddaddy fried food of them all

1. FRIED CHICKEN:

I use 4 large boneless skinless chicken breasts cut into strips as if I'm making chicken fingers. *(You can use any cut of chicken and it can have the skin, but once you make this with the boneless skinless, which is lowest in fat, you'll find that there's no reason you'll ever need the skin again on fried chicken.)*

Now cut the chicken into medium thin strips and put the strips in the skim milk. *This only takes a minute to get them thoroughly soaked.* One at a time take the strips from the milk and put them into the baggie full of the flour mixture and when you have about 6 or 7 close the baggie tight and shake it well until ALL parts of the chicken are coated with this mixture, which will serve as our batter.

Once completely covered in batter take the pieces out and place them on a plate (I use a paper plate) and dust them with the flour mixture just to keep them thoroughly covered in the batter.

Continue this process until all of the chicken has been soaked, covered in batter and placed on a plate to get ready for the next step.

NOTE: we will now be placing chicken on skewers, but make sure you have skewers that are longer than your cake pan. The technique here is to suspend the chicken by hanging the ends of the skewer over the ends of the pan. This keeps the chicken from collecting juice as it would if it were touching the bottom of a pan and allows the strips to cook evenly and crispy – just like REAL fried chicken.

Now take a long flat metal skewer and stack the chicken on it lengthwise – sort of like the meat you see on a wooden skewer of a Chinese Appetizer plate. Do this until all of your strips are stacked. Remember not to bunch this too tightly together. You'll get the hang of it the more you do it, but the more direct heat the crust can get, the crispier the chicken will be.

Once all chicken is stacked, place aluminum foil in the bottom of your cake pan and then spray it with butter flavored cooking spray. Hang your chicken on the pan, using the raised edges of the pan as a rack. Once they are all hanging on the pan, spray all of the chicken strips generously with butter flavored cooking spray. (Be careful not to hold the cooking spray too close – you can blow some of the whole wheat batter mix off.)

Once all strips have been generously sprayed with cooking spray – turn each skewer and generously spray the other side. This is VERY important. The cooking spray gives the chicken the “fried crispiness” that makes it VERY similar to the real deal that contains grease!

Place the pan in the oven on 350 degrees for 35-40 minutes (depending on your oven) and you’ll see the crust start to turn brown. Then turn the oven up to 375-400 (again depending on how HOT your oven gets) for about ten more minutes and get that last crispy brownness going.

Take chicken out of the oven, remove from skewers and immediately eat! If by some chance you have leftovers – place them in a baggie and then microwave to re-heat – and here’s a miracle that I discovered the first time I reheated in a microwave – that makes this faux fried chicken taste GREASY! My husband thinks that when we take the leftovers and nuke them, they get that KFC kind of taste and texture. And I think he’s got something there. I don’t know how it happened but it is greasy!

My favorite dipping sauce for this is to take ketchup and add a small amount of horseradish to it to spice it up. This is also cocktail sauce for seafood but works wonderful here as a ketchup for the chicken strips. Another great dipping sauce is my honey-mustard sauce. See “recipes” for this and it’s wonderful!!

2. FAUX FRIED SHRIMP

When I make this recipe I make about a pound of shrimp, but this recipe doesn’t re-heat as well as the chicken so make as much as you think you’ll eat. My husband and I can eat A LOT of shrimp. And the shrimp need to be peeled and deveined before you put them in the skim milk. You do everything just like the Fried Chicken EXCEPT you do not need to put the battered shrimp on a skewer. You can lay the shrimp on a pan that has been generously sprayed with butter flavored cooking spray and then spray the top of the shrimp. Bake for about 20 minutes on 350 and then turn up the oven to 375-400 for ten more minutes or until golden brown.

I LOVE the ketchup/horseradish sauce here but another good dipping sauce is Teriyaki sauce but my husband also likes Soy Sauce.

3. CHICKEN FRIED STEAK

Regular cubed beef is NOT good faux fried this way. This is just a heads up. If you want to faux fry some beef the only way that will work is to take meat and have it run through a tenderizer and then proceed exactly like the Fried Chicken recipe using the skewers, but this will not need to cook as long because tenderizing the meat makes it VERY thin. Cook for about 20 minutes on 350 and then turn up to 375-400 for about ten more minutes or until crispy brown.

And again the ketchup/horseradish sauce is my preference but thinking outside the box – some fat free homemade Ranch dressing would make a good alternate sauce too! (I make my own Ranch using skim milk, fat free mayo and the packets of Hidden Valley Ranch you find at the grocery store.

4. FRENCH FRIES

Make your whole-wheat flour mixture in your gallon baggie and get your bowl of skim milk ready.

SO- what kind of potato will we use here?

I prefer sweet potato fries but this works for white potatoes just as well. Remember that a sweet potato has about half the calories and doesn't convert so quickly to sugar in your body like a white potato does – but these are your French fries and you make them both the same way. What I did the first time I made these faux fries was – I made some with sweet potatoes and some with white potatoes just to see which I liked the best. The sweet potato won hands down..but again this is YOUR recipe.

So take your potato and cut it into French fry slices. Put these into your milk and then take 6-7 of them at a time and put them in the baggie with the dry batter and shake it up until the potatoes are well covered in our faux batter. Take them out one at a time and place on a plate (I use a paper plate) and dust with some of the flour mixture to keep them coated until you have the plate stacked high with fries.

Take a pan (can be a cookie sheet or large cake pan) and cover it with aluminum foil. Then generously spray with butter flavor cooking spray.

Arrange the batter covered French fries on the pan so that you can get as many on the pan as possible but be careful that they do not touch each other. Once you have done this generously spray the potato slices with butter flavored cooking spray. And I try to get all of the three remaining sides that are exposed. You can over-do the spray but once you do this a time or two you'll get the hang of it.

Bake in an oven on 350 for 30-35 minutes then turn the oven up to 375-400 and let the crispiness begin! You'll want them golden brown and you know your oven best, so will know the best temperature to use.

Once the fries are golden brown put them on a plate and go to town eating.

I prefer the ketchup/horseradish sauce I explained in the Faux Fried Chicken recipe for my French fries too, but you know what you like best.

AND you can faux fried; zucchini, yellow squash, pickles, eggplant, okra and just about anything you can think of!

So now you're thinking **HOW DO I KNOW HOW MANY CALORIES, FAT, FIBER AND CARBS THIS HAS??**

Good question!

The whole-wheat batter mix that you have in your gallon baggie, make, 2 3/8 cups and has:

Calories - 800

Fat – 4g

Fiber – 30g

Carbs – 174g

What I do is I take the total calories for my faux fried flour batter listed above and then once I have finished my recipe I pour what is left in the baggie back into a measuring cup to see what I have left, that wasn't used. And from that I determine what Calories, Fat and so on I have added to my chicken, beef, shrimp or potatoes.

For example:

4 ounces of boneless skinless chicken meat (which is about 1/4 of a large whole chicken breast) has: *(To be accurate you need your own scale to weigh the chicken)*

Calories – 125
Fat – 1g
Fiber – 0g
Carbs – 0g

But I have cooked much more because I prepared 4 large boneless skinless chicken breasts. Now that I am done I pour my whole wheat batter mix back into my measuring cup and discover that I have only used 1 3/8 cup of the total mixture. Out of the 2 3/8 cups that I made, I have 1 full cup I poured back in the measuring cup.

Now this is the tricky part..

Each 1/8 cup of the whole-wheat dry batter has		
Calories – 42	we used 11- 1/8 cups for a	total of 463
Fat - .2g	X 11	total of 22
Fiber – 1.5g	X 11	total of 16.5
Carbs – 8.6g	X 11	total of 95

But this is the TOTAL that was added to my entire recipe of fried food!

Remember that I only wanted to eat 1/8 of my total recipe (I faux fried 4 whole breasts and I only ate 1/2 of one of them)

SO 1/8 of the totals for the batter are:

Calories 58
Fat 2.75g
Fiber 2
Carbs 12g

1/2 of one big chicken breast is about 6-8 ounces, so if I assume it's 8 ounces and I add the batter – I have a LARGE serving of fried chicken for 300 calories!!! CAN YOU BELIEVE IT!!

As you can see the calories are VERY low that you're adding to the chicken – once you prepare this you will be addicted!! My husband and I ate it nonstop when I first discovered it and I almost made us sick of it.

And when I want Fries, I feel NO guilt. This might be the single biggest discovery I've made since I starting trying to convert old southern favorites and turn them into food I can enjoy. I really MISSED fried food, and now I don't have to

I'll bet some of you really smart cooks out there will take this recipe and figure out all kinds of other ways to use it. Please let me know if you do!!

And enjoy!!!

This recipe takes a little time, but so worth the effort..



dave bell associates, inc.

3211 Cahuenga Blvd. W, Hollywood, CA 90068, 323-851-7801, DBAmovies@aol.com