Fried Chicken Breast Recipes

Thin chicken breast cutlets marinated in salted buttermilk, coated in seasoned flour and cornstarch, then shallow-fried until crisp.



Prep 20 min | Cook 25 min | Total 78 min | Serves 4

Cooking times are estimates. Includes 3 minutes resting.

Ingredients

- 1 1/4 pounds boneless skinless chicken breast cutlets / 570 g
- 3/4 cup buttermilk / 180 ml
- 3/4 teaspoon fine salt, divided
- 1 cup all-purpose flour / 125 g
- 2 tablespoons cornstarch / 16 g
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- About 1 cup neutral frying oil / 240 ml, enough for 1/4-inch depth

Oil: Listed oil is the frying supply, not the amount absorbed; exact quantity depends on pan size.
Buttermilk: Keep the marinade refrigerated.
Cutlets: Thick whole breasts need a different frying schedule.

METHOD & KITCHEN NOTES

How to make it

1. Flatten cutlets to 1/2 inch. Mix buttermilk with 1/4 teaspoon salt, add chicken, cover and refrigerate for 30 minutes.

2. Mix flour, cornstarch, paprika, garlic powder, pepper and remaining salt in a shallow dish.

3. Lift chicken out of buttermilk, allow excess to drip off, then press into the flour mixture. Discard raw-contact buttermilk and leftover coating.

4. Heat oil to about 350°F (175°C) in a heavy skillet, never more than half filling the pan. Lower cutlets away from you and fry in batches about 4 to 6 minutes per side.

5. Adjust heat to maintain steady frying without scorching. Check the thickest center of each cutlet for 165°F (74°C); color alone is insufficient.

6. Drain on a clean wire rack and rest 3 minutes. Cool the oil safely before disposal.

Doneness & best results

Check every chicken portion with a food thermometer: the thickest center must reach 165°F (74°C). Color alone is not a reliable doneness test. Cooking times vary with thickness and equipment.

Use an oil thermometer and an instant-read meat thermometer. Leave space between cutlets.

Serving & variations

Divide the finished dish evenly among 4 servings. Optional salad, bread, rice or other sides are separate from the listed ingredient quantities.

Heat: Add 1/4 teaspoon cayenne to the flour. Seasoning: Replace paprika with smoked paprika.

Store, freeze & reheat

Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Count from the oldest cooked ingredient; assembling or reheating does not restart its storage clock.

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator; continuous freezing preserves safety longer than the stated quality window.

Reheat on an oven-safe rack at 350°F (175°C) until the center reaches 165°F (74°C). Microwaving softens the coating; crispness is not a doneness check.

Recipe online

howtocookchickenrecipes.com/fried-chicken-breast-recipes/