

Authentic Kfc Recipes

Text - Cooking - Authentic Kentucky Fried Chicken Recipes.txt

KFC Coleslaw

8 1/8 cups cabbage
1/3 cup carrot
1 teaspoon onion chopped fine
1/3 cup sugar
1/2 teaspoon salt
1/8 teaspoon pepper
1/8 cup milk
3/4 cup buttermilk
2 tablespoons lemon juice
1/2 cup mayonnaise

First core the cabbage and shred the cabbage fine using the fine disk for the shredder attachment to the mixer. Then shred the cabbage. In a bowl combine with a whisk combine the buttermilk, mayonnaise, milk and lemon juice mix till well combined. Then add the seasoning. The last step is to add the sugar add the sugar to the sauce until well mixed in. Add the sauce to the cabbage and carrot mixture and mix well and allow the mixture to marinate for 13 hrs.

Do to the waste of chicken in the restaurants the Colonel created a recipe to help use the chicken that was unable to be sold. So he devised the potpie recipe. See chicken could only sit and be sold for 2 hrs after it is fried.

KFC POT PIE

2 potatoes peeled and cooked
2/3 cup frozen peas
2 cans cream of chicken soup
2 carrots peeled and cooked
2 tablespoons frozen onion
2 cups of cooked chicken
dash of salt and pepper and Msg

In a bowl combine all cooked vegetables and chicken add the cream of chicken soup and seasoning. The mixture should be thick but not too thick if the mixture is too thick add some milk to the mixture. Scoop the mixture into individual pie pans. Use the biscuit recipe in this book to make the crust. Roll out the dough thin and place on top then brush with butter. Bake in a 375 F oven for 15 to 25 minutes or until it is

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