

## Buttermilk & Sourdough Chicken Tenders with a Crunchy Coating

: Perfect use for sourdough discard



**OVEN**  
**350°F**

**TIME**  
**30 min**

**TEMP**  
**165°F**

**METHOD**  
**Air fryer**

### INGREDIENTS

For the Chicken:

1 lb chicken tenders (or boneless chicken breast cut into strips)

1 cup sourdough discard (unfed is fine)

$\frac{1}{2}$  cup buttermilk

1 tbsp hot sauce (optional)

1 tsp garlic powder

1 tsp onion powder

1 tsp smoked paprika

1 tsp salt

$\frac{1}{2}$  tsp black pepper

For the Coating:

1 cup all-purpose flour

$\frac{1}{2}$  cup cornstarch

1 tsp baking powder

$\frac{1}{2}$  tsp cayenne pepper (optional for heat)

For Frying:

Vegetable oil for deep frying

For Serving:

Ranch dressing

Lemon wedges (optional)

### DIRECTIONS

1. ? Marinate the Chicken: In a large bowl, whisk together sourdough discard, buttermilk, hot sauce, and all spices.
2. Add the chicken tenders and toss to coat evenly.
3. Cover and refrigerate for 30 minutes to 8 hours.
4. ? Prepare the Coating: In a shallow bowl or dish, mix flour, cornstarch, baking powder, salt, black pepper, and cayenne.
5. ? Coat the Chicken: Remove each tender from the marinade, letting the excess drip off.
6. Dredge in the flour mixture, pressing firmly to coat all sides.
7. Let coated tenders rest on a wire rack for 5-10 minutes before frying.
8. ? Fry the Chicken: Heat 2 inches of vegetable oil in a heavy-bottomed skillet to 350°F (175°C).
9. Fry chicken tenders in batches for 4-5 minutes per side, until golden brown and internal temperature reaches 165°F (75°C).
10. Transfer to a wire rack to drain excess oil.
11. ? Serve: Serve hot with ranch dressing and optional lemon wedges.
12. For extra flair, sprinkle with flaky sea salt or chopped fresh herbs.

### TIPS FOR SUCCESS

Let the chicken rest after dredging-it helps the coating stick better during frying.

Use a thermometer to maintain a steady 350°F oil temperature.

Air fry at 400°F for 10-12 minutes, flipping halfway.

Toss in buffalo or honey garlic sauce after frying.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/buttermilk-sourdough-chicken-tenders-with-a-crunchy-coating/>