

## The Best Chicken Fried Steak Fingers - Crunchy, Juicy, and Totally Addictive

Classic Chicken Fried Steak Fingers



**OVEN**  
**375°F**

**TIME**  
**30 min**

**TEMP**  
**165°F**

**METHOD**  
**Air fryer**

### INGREDIENTS

- 1 pound chicken breasts, cut into strips
- 1 cup buttermilk
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Vegetable oil, for frying

### DIRECTIONS

- ? Step 1: Marinate the Chicken: Place the chicken strips in a shallow dish and pour buttermilk over the top. Cover and marinate in the fridge for at least 30 minutes, or up to overnight for maximum tenderness.
- ? Step 2: Prep the Dredge: In a separate bowl, whisk together the flour, salt, pepper, garlic powder, and onion powder.
- ? Step 3: Heat the Oil: Heat about  $\frac{1}{2}$  inch of vegetable oil in a large skillet over medium heat. The oil is ready when a pinch of flour sizzles on contact.
- ? Step 4: Dredge & Fry: Remove each chicken strip from the buttermilk, shake off excess, and dredge thoroughly in the seasoned flour. Gently place in hot oil and fry for 4-5 minutes per side, or until golden brown and cooked through.
- ? Step 5: Drain & Serve: Transfer fried steak fingers to a paper towel-lined plate to drain. Let cool slightly before serving.

### TIPS FOR SUCCESS

Don't overcrowd the skillet-fry in batches to keep the oil temperature steady.

For extra crunch, double dredge: dip back into the buttermilk and flour again.

Use a thermometer if needed: internal temp should hit 165°F (74°C) .

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

Original recipe: <https://chefmaniac.com/the-best-chicken-fried-steak-fingers-crunchy-juicy-and-totally-addictive/>