

Crispy Buttermilk Chicken with Creamed Corn

Buttermilk-marinated chicken with a golden oven-baked panko coating, served with homemade creamed corn and parsley.



PREP

55 minutes

COOK

30 minutes

TOTAL

1 hour 30 minutes

SERVES

4 servings

INGREDIENTS

- 4 boneless, skinless chicken breasts, about 6 to 8 ounces each, pounded to an even 1/2- to 3/4-inch thickness
- 1 1/2 cups buttermilk, divided: 1 cup for marinating and 1/2 cup kept separate for coating
- 1 teaspoon garlic powder, divided
- 1 teaspoon paprika, divided
- 1 teaspoon fine salt, divided, plus more only if needed
- 1/2 teaspoon black pepper, divided
- 1 cup all-purpose flour
- 1 1/2 cups plain panko breadcrumbs
- 2 tablespoons neutral oil, divided, plus a little for greasing the rack
- 3 cups corn kernels, fresh or frozen
- 1 cup heavy cream
- 1 tablespoon unsalted butter
- 1 tablespoon chopped fresh parsley, for serving

DIRECTIONS

1. Marinate the chicken: Mix 1 cup buttermilk with 1/2 teaspoon garlic powder, 1/2 teaspoon paprika, 3/4 teaspoon salt, and 1/4 teaspoon pepper in a food-safe container or bag. Add the evenly thick chicken, turn to coat, and refrigerate for at least 30 minutes or up to overnight within its safe storage time. Keep the separate 1/2 cup buttermilk clean and refrigerated for the coating step.
2. Prepare the oven and crumbs: Heat the oven to 400 degrees F. Lightly oil an oven-safe wire rack and set it over a rimmed baking sheet. In a skillet, stir the panko with 1 tablespoon neutral oil over medium heat for about 3 to 4 minutes, until lightly golden. Transfer to a shallow dish and let cool.
3. Coat the chicken: Mix the flour with the remaining 1/2 teaspoon garlic powder and 1/2 teaspoon paprika in a second shallow dish. Put the reserved clean buttermilk in a third dish. Lift each breast from the marinade, let excess drip away, dust lightly in the seasoned flour, dip in the clean buttermilk, then press into the toasted panko. Arrange on the rack with space between pieces. Drizzle the remaining tablespoon oil lightly over the coating. Discard the used marinade and any coating ingredients that contacted raw chicken.
4. Bake until cooked through: Bake for about 20 to 30 minutes, starting checks on thinner 1/2-inch pieces after about 15 to 18 minutes. The thickest part of every breast must reach 165 degrees F on a food thermometer. If the crumbs brown early, tent loosely with foil and continue until the chicken is cooked. Rest for about 5 minutes before slicing.
5. Make the creamed corn: While the chicken bakes, melt

the butter in a saucepan over medium heat. Add the corn and cook for about 3 to 5 minutes, stirring, until hot; allow frozen corn to thaw and heat through. Add the cream, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper. Simmer gently for about 8 to 12 minutes, stirring, until the cream reduces slightly and coats the corn. Mash a small portion of the kernels in the pan if you want more body. Adjust seasoning and loosen with a splash of milk or water only if needed.

6. Serve while the coating is crisp: Divide the creamed corn among plates and add a chicken breast or sliced portion to each. Sprinkle with parsley. Keep most of the creamy corn beside the chicken so the coating stays crisp for serving.

SWAPS & NOTES

Timing is approximate and includes about 25 minutes active preparation, a minimum 30-minute refrigerator marinade, up to 30 minutes baking, and a 5-minute rest. Corn cooking overlaps the oven time.

This oven-crisp version adds panko and a little oil to the original flour coating. Toasting the crumbs first helps them color evenly.

The extra 1/2 cup buttermilk is kept separate from the marinade for coating. Do not reuse raw-chicken marinade as a serving sauce.

The corn is increased from the original 1/2 cup to 3 cups so there is enough for four side portions with the listed cream.

TIPS FOR SUCCESS

Let excess marinade drip away so the flour layer stays thin.

Use one hand for wet coating and the other for crumbs to reduce clumping.

Bake with space around the chicken and use a rack rated for oven use.

Simmer cream gently and stir the corn so it does not scorch.

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

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