**Notcho’ Mama’s Fried Chikn**

Servings: 8

Prep Time: 1 Hour

Cook Time: 30 Minutes

Total Time: 2 Hours

Equipment Needed:

Measuring Utensils, Large Pot, Bowl, Rack (OR) Paper Towels

Ingredients:

2 Cups Gluten Flour

1 Tablespoon Onion Powder

1 Tablespoon Garlic Powder

2 Tablespoons Nutritional Yeast Flakes

1 teaspoon Sea Salt (OR) Pink Himalayan Salt

2 Tablespoons Bob's Red Mill Rapid Rise Yeast

1 Cup All Purpose Flour (OR) Gluten-free Flour

2 Cups Water

*Seasoning Water ~*

1 teaspoon Parsley Flakes

1 teaspoon Onion Powder

1 teaspoon Garlic Powder

1 teaspoon Pink Himalayan Salt

1 teaspoon Oregano

1 teaspoon Basil

1/4 teaspoon Sage

1 teaspoon Cajun Seasoning

1 teaspoon Chikn Style Seasoning

1 teaspoon Liquid Aminos

Directions:

1. Place all ingredients in a bowl except the Rapid Rise Yeast and Water, stirring all ingredients evenly.
2. Add the yeast and enough warm water until the mixture is spongy (slightly less than 1 and 1 cups water), massaging the mixture like bread dough. This should take several minutes to complete. Cover the mixture with a clean cloth and let it rise for at least 30 minutes to 1 hour.
3. Meanwhile, boil 8 cups of water and add the seasonings (becoming the seasoning water).
4. Once the gluten mixture rises, Tear off golf ball size pieces of it and drop it into the hot water.
5. Notice how it expands and swells up while boiling. Boil for 30 minutes.
6. Drain the excess water on a rack.
7. Flour and fry like chicken on medium-high heat.
8. Serve hot! You can re-heat it over and over for up to a week.

For crunchy chikn, use 1 cup flour + 6 Tablespoons Panko with 6 Tablespoons Cajun Seasoning