

Crumbed Chicken Strips or Breasts

Ingredients:

Chicken:

500g boneless, skinless chicken tenders or breasts sliced through in half.

Breading Mix:

¾ cup ZeroKrumbs pork rind crumbs

1 tbsp unflavoured or beef gelatin (10 g)

½ cup egg white powder (40 g)

Seasoning of your choice (e.g., salt, paprika, garlic powder, mixed herbs)

Egg Dip:

1 large egg

1½ tbsp heavy cream (*or coconut milk for dairy-free*)

For Frying:

Beef tallow or your preferred animal fat

Method:

1. In a bowl, mix together the ZeroKrumbs pork rind crumbs, gelatin, egg white powder, and seasonings.
2. In a separate bowl, whisk the egg with the cream or coconut milk.
3. Dip each chicken strip into the egg mixture, then coat in the crumb mixture. (If using chicken breasts, slice in half lengthwise and/or horizontally to make thinner pieces.)
4. Heat about 1 cup of beef tallow (or bacon fat) in a frying pan over medium heat until it just starts to smoke.
5. Fry chicken for 2–3 minutes per side, depending on thickness. Always check for doneness.
6. Remove and place on a paper towel-lined plate or wire rack. Let cool slightly before serving.

Air Fryer Option

Place breaded chicken in the air fryer basket.

Lightly spray or drizzle with beef tallow or ghee.

Cook at 200°C (400°F) for ~10 minutes, flipping halfway.

Adjust time if needed—ensure chicken is cooked through.

Tip: This recipe also works beautifully in a deep fryer!

For the non-Carni's you could try topping this with our Bacon and Tomato Relish recipe.

