

BBQed Chicken Of The Woods

Ingredients

Chicken of the Woods mushroom
Oil
Onions, chopped
BBQ Sauce
Salt and pepper

Directions

The Chicken of the woods is very easy.

First, I boil the mushroom for about ten minutes. This precooks the mushroom as well as pulls out any of the substance that upsets many people's stomachs. Pour off the water and let cool.

Then I take the pieces and wring out all the water.

Then I cut the pieces to the desired length and start pulling off pieces like you would with chicken or pork.

In a large skillet I heat up oil to medium high. Throw in the shredded mushroom and stir. Add salt and pepper. After cooking about ten minutes I throw in diced onions. After a couple of minutes of cooking the onions I pour in my barbecue sauce. (I buy mine from Bar-B-Q 1 here in East Cobb. I like their sweet sauce.) You can make your own or buy whatever kind you like. Let cook for another 5 to ten minutes then you are ready to serve.

Chicken Fingers

Cut or pull your Chicken of the Woods into large pieces.

Put in a large pot, fill with water and bring to a boil. Let boil for 10 to 15 minutes.

Put boiled chicken into colander and run cool water over it. When cool to touch, squeeze the excess water out of the larger pieces.

While the chicken is boiling you can make the dipping sauce for the chicken fingers.

In a small bowl, add two heaping spoonfuls of some kind of mayo. To that add the juice of a small lime. Then add a teaspoon of prepared horseradish. Stir well and chill in fridge.

Cut chicken into 3/4 inch wide strips 3 to 4 inches long.

In a shallow wide dish break 2 eggs and mix with milk or almond milk. In another shallow wide dish pour in a couple of cups of cornmeal. Add salt and pepper to the cornmeal. I also like to add a couple of teaspoons of smoked paprika (to add that 'bacon-like' flavor). Mix it well.

In a large skillet, heat up about 1/4 inch of whatever oil you like to use for pan-frying to a

medium high setting. Place strips of the chicken into the liquid/egg mix and let soak. Shake off excess milk/egg coating, then roll the strips in the cornmeal and place in skillet. This works best if you don't crowd the pan. Turn with a spatula. Have a pie pan/cookie sheet warming up in the oven on low heat. When the chicken strips have turned brown on both sides put on pan/sheet to keep warm. Tastes like chicken!