

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Paleo-Style Chicken Nuggets

From Nom Nom Paleo by Michelle Tam and Henry Fong

All too often, chicken breast and other lean cuts can turn out dry and powdery. The key to firm, juicy, savory chicken? Brining. Soaking lean poultry or pork in a salt water solution reshapes the protein molecules in the meat, keeping it plump and moist throughout the cooking process. Brining also breaks down the structural integrity of the meat, resulting in greater tenderness.

Makes 6 Servings

6 cups water

½ cup kosher salt

1 cup ghee or fat of choice, for frying

1 cup tapioca powder or arrowroot powder

4 large skinless, boneless chicken breasts (about 2 ½ pounds), cut into ½-inch-thick-nuggets

Coarse sea salt (optional)

1. Mix the water and salt in a gallon-sized zip-top bag. Seal and agitate it to dissolve the salt. Add the chicken to the brine and refrigerate for 30 minutes to an hour.
2. When you're ready to cook, melt the ghee in a large skillet over medium-high heat. Make sure there's enough oil to reach halfway up the chicken pieces.
3. Remove the chicken from the brine and blot dry with paper towels. Put the tapioca or arrowroot powder in a shallow bowl, and coat each piece of chicken in the powder, shaking off any excess.
4. Once the oil's hot and shimmering, fry the chicken until crispy, about 2 minutes per side. Transfer to a wire rack to drain off any extra oil. If desired, sprinkle on some sea salt while hot, and serve with your favorite dipping sauce(s).