

Show 46: Hungry for a Heartland Meal
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Kansas City Fried Chicken

4c flour
1tsp salt
1tsp celery salt
1tsp pepper
1tsp garlic powder
½ tsp curry powder
½ tsp chili powder
4c Buttermilk
1 chicken breasts

Mix flour and all dry ingredients

Dip chicken in flour, then the buttermilk, then flour again

Fry in Canola oil about 350 degrees for about 5 minutes.
Serve hot.

Rosti Potatoes

2 Yukon potatoes
½ onion
½ tsp salt
½ tsp pepper
2 tbsp oil

Boil Yukon potatoes until soft, let cool.
Grate potatoes on a hard grater.
Chop onion, add salt and pepper.

In a heated teflon sauté pan add 2 tbsp oil
Add onion and potato mixture
Cook for about 4 minutes on each side

Serve hot!

Rosemary Vinaigrette Dressing
(for chopped salad)

1/3 C soy sauce
1/3 C lemon juice
1/3 C red wine vinegar
4 eggs
5 ½ C shallots, minced
6 ½ C chives, chopped