

Vegan Popeye's Baked Ckn Tofu

Some of the tips came from someone who claimed to have worked at a Popeye's : <http://deep-fried.food.com/recipe/popeyes-fried-chicken-copycat-89925> 1. it had a LOT of cayenne pepper. 2. A faint vinegar smell to the chicken, either Tabasco sauce or just plain vinegar. 3. We also would let the chicken sit overnight in the cooler in storage bins to marinate the seasoning. 4. I do know for sure that we double-battered the chicken. This gives it the really thick, crispy crust we all love! For those who aren't familiar with a double-batter, it's simply dipping the chicken in the batter and flour, shake and then repeat your batter dip again. Another site recommended using "Self rising(NOT ALL PURPOSE) flour seasoned with salt, black pepper, garlic powder & paprika". Another site recommended: Crispy tip: An important tip: Batter chicken let set(covered) for 1/2 hour or more so flour batter can harden and firm up a little before frying. So it will stick and not come off in the grease.

My recipe: Serves 2 so DOUBBLE for a family of 4

400 degrees

1 c all purpose flour 1 T pepper 2 tea each: paprika; salt; garlic powder; baking powder
¼ tea cayenne pepper for regular or 1 teaspoon for spicy vinegar, hot sauce, non-dairy milk, 1 can spray oil
1 pkg extra firm tofu drained, sliced, frozen, defrosted, drained

Round 1: take a plate/container and pour some hot sauce on it and then some vinegar to create a 50/50 mix. Mix flour and spices and put it on a second plate. Take tofu slice and dip in sauce/vinegar, flip to coat both sides. Place strip on bed of flour and spoon flour on top and press into the flour and flour sides. Place in container(s) large enough to easily hold all breaded tofu. Bread all tofu and refrigerate without a lid (to keep them dry) for 30 minutes to overnight.

Round 2: Take ½ c non-dairy milk and add 1T vinegar and 1T lemon juice to create "buttermilk". Place non-dairy milk on a plate and take a breaded tofu strip and dunk in "buttermilk" to wet both sides. Place on the plate of flour and coat a second time. Spray all sides of the tofu well and place on pan (oil will not spread during cooking so you must ensure flour is coated). Bake for 25-30 minutes until desired crispiness depending on thicknesses of slices. You may want to flip them 5 minutes before the end of the cooking time if a check shows the bottom needs to be crispier.