

HOW TO USE · JFC 12 HERBS & SPICES

CRISPY BUTTERMILK CHICKEN TENDERS

Marinate it, coat it, bake it. Takeaway-style crunch at home.

SERVES	PREP	COOK
3	15 min + 1 hr marinating	25 min

INGREDIENTS

- 500 g chicken tenderloins
- 1 cup (250 mL) buttermilk
- JFC 12 Herbs & Spices: 4 tbsp (about 30 g), 2 tbsp in the buttermilk and 2 tbsp in the flour
- ¾ cup (110 g) plain flour
- Canola or olive oil spray
- To serve: chips, slaw and a dipping sauce



METHOD (oven)

1. Stir 2 tbsp JFC into the buttermilk. Add the chicken and coat well. Cover and refrigerate (5°C or below) for 1 hour, or up to overnight.
2. Heat the oven to 200°C fan-forced. Set a wire rack on a tray and spray it with oil.
3. Mix the flour and the remaining 2 tbsp JFC in a shallow dish.
4. Lift each tender out, let the excess drip off, then press firmly into the flour on all sides.
5. Place on the rack in a single layer and spray lightly with oil.
6. Bake 20–25 minutes, turning once halfway, until golden and crisp.
7. Check the thickest tender reaches 75°C. Rest 2 minutes, then serve.

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AIR FRYER METHOD

190°C · 10–12 min

Same crumbed tenders

1. Heat the air fryer to 190°C. Spray the basket and the coated tenders lightly with oil.
2. Cook in a single layer, not crowded, in batches if needed.
3. Cook 10–12 minutes, flipping halfway, until golden and crisp.
4. Check the thickest tender reaches 75°C. Rest 2 minutes.

BBQ / GRILL OPTION

190–200°C · 20–25 min

Hooded BBQ as an oven, indirect heat

1. Heat a hooded BBQ to 190–200°C with one burner off (or coals banked to one side).
2. Put the coated tenders on a wire rack set on a tray over the off side. Spray lightly with oil.
3. Cook lid down for 20–25 minutes, turning once, until golden and crisp.
4. Check the thickest tender reaches 75°C. Rest 2 minutes.

SMOKER OPTION

190–200°C · 20–25 min

Hot and fast, so the coating stays crisp

1. Set the smoker as hot as it will go, around 190–200°C, with a light wood such as apple or cherry.
2. Put the coated tenders on a rack in a single layer and spray lightly with oil.
3. Smoke 20–25 minutes, turning once, until crisp. Check the thickest tender reaches 75°C, then rest 2 minutes.

OTHER WAYS TO USE IT

- → Popcorn chicken: cut chicken into bite-size pieces, coat the same way and cook for less time.
- → Wedges: toss potato wedges with oil and 1 tbsp JFC before roasting.
- → Crispy chicken burger: pile a crumbed tender or fillet into a bun with slaw.

SALT This blend already contains salt, so taste before adding any more.